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Health officials prep for possible flu outbreak

Report shows Alberta flu cases jumped by 30% in 2012-13 **PAGE 4**

Torrential rains flood Sardinia

At least 16 people dead as Mediterranean tourist escape is submerged in mud bath after 24-hour downpour **PAGE 9**

NO CREDIT, NO PROBLEM

DANIMAL'S WIFE CHANTELE RETURNS FROM FLORIDA — WITH ... FULLER LIPS — TO GAIN INSTANT ACCESS TO A HIGH-CLASS HOSPITAL, SAVING HER CRUMPLED HUSBAND **PAGE 13**



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TRENDING UPWARD

The Edmonton Oilers' Nail Yakupov and Jordan Eberle celebrate a goal against the Columbus Blue Jackets during the second period of their game in Edmonton on Tuesday. The Oilers trampled the visiting Blue Jackets 7-0. Story, page 26. JASON FRANSON/THE CANADIAN PRESS

Edmonton man donates kidney to B.C. stranger

Facebook appeal. Darin Grundberg was inspired by man's passion for life



STEPHANIE DUBOIS
stephanie.dubois@metronews.ca

What started as a Facebook post from a sick B.C. individual led to a kidney donation, thanks to an Edmonton man.

Darin Grundberg became an organ donor after hearing about Kevin Campbell's online struggle to find a donor for his failing kidney as a result of Berger's disease.

"I thought if I was in his position, it would be kind of nice if someone could step up for me," said the Edmontonian.

Hearing about Campbell's potential 12-year wait for a

healthy organ through extended family, Grundberg went to Campbell's Facebook page, originally called "Kevin Needs a Kidney," and admired his passion for life.

Soon after, on Nov. 4, the Edmonton city worker was wheeled into the Vancouver operating room to help out this stranger.

"I had a life-changing experience 10 and a half years ago when my life took a downturn. I needed help and people were there for me. That changed my life for me. Since then, I have tried to live a little better, have tried to give back, but this is the single most impact I could ever have on one person's life."

The successful transplant makes Campbell only the second person in B.C. to find an organ donor via social media.

Grundberg — who regularly donates blood — says he never

saw the value in organ donations, but does now.

"I never was a promoter of organ donation, but of course going through this and seeing how there's such a need for it," said Grundberg.

According to the Canadian Society of Transplantation's website, "more than 4,000 Canadians are waiting for an organ transplant to save their lives."

On Tuesday, Campbell was recovering at St. Paul's Hospital in Vancouver. He's on a heavy regimen of medication to prevent his body from rejecting the new kidney, but said his "numbers are looking good."

The Edmontonian is slowly recovering at home, but says it was all worth it.

"For a little bit of inconvenience in my life I could radically change another person's life," he said. "And that feeling is phenomenal."

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Fatality inquiry

Officer admits he mishandled 911 call from woman killed by boyfriend

An RCMP officer admits he should have handled differently the case of a northern Alberta woman who called 911 before she was stabbed to death by her boyfriend.

Const. Devon Bateman told a fatality inquiry Tuesday that mistakes and misunderstandings started with the operator who took an emergency call from Brenda Moreside, 44, in High Prairie in February 2005.

Court previously heard that the operator wrongly labelled Moreside's complaint as vandalism instead of domestic violence.

Bateman said the operator failed to pass on important information to him about the call, including that Moreside wanted police to hurry because her drunken boyfriend was pushing on a door she was holding. Moreside urged Bateman to come deal with her boyfriend, but the officer said he had no authority to remove the man from his own house.

Bateman said Moreside responded: "Are you going to wait until he kills me until you come?"

He said it was the first mention of violence and he asked the woman if she was concerned for her safety.

She said no. "I just don't want to deal with him. Can you come and put him in the drunk tank for the night?"

Twelve days later, acting on a tip, police found Moreside dead.

THE CANADIAN PRESS



Co-owner of Holiday Rejects Apparel Adil Hooda, left, and manager Jack Hsu pose with holiday sweaters at their kiosk Tuesday.

STEPHANIE DUBOIS/METRO

Bring out the ugly Christmas sweaters

The uglier, the better.
Holiday Rejects Apparel has what they consider the most cheesy sweaters in the city



STEPHANIE DUBOIS
stephanie.dubois@metronews.ca

Coloured lights, pompoms and sequins can be found all in one place this year: On an ugly Christmas sweater.

With a kiosk set up at Mill Woods Town Centre in Edmonton since Nov. 1, Holi-

day Rejects Apparel has what they consider the tackiest sweaters in the city.

"Some people like outrageous, and there's some people who like a little more wintry, but for the most part I have been noticing a lot of people like the big knits," said co-owner Adil Hooda, adding one of the ugliest sweaters in the booth is a red knit with furry green circles made to look like a Christmas tree.

The store's also located in Calgary at the Northland Mall.

What began as an online store last year grew to become retail stores in Edmon-

At a glance

The kiosk has been open in Edmonton since Nov. 1.

- Holiday Rejects Edmonton sold 13 sweaters on their opening day.
- Sweaters range in price from \$30 to \$70.

most of the Christmas season classic characters, including one with a knitted reindeer and another with sequined nutcrackers.

"Everybody has their own Christmas sweater for them, it's just a matter of digging through them, trying some on. It's always a fun time selling people an ugly Christmas sweater," said Hooda.

The stores are open until Dec. 31, and people can also purchase items at holidayrejects.ca.

ton and Calgary this season, after Holiday Rejects Apparel realized people wanted to try on the tacky sweaters.

Starting at \$30, the kiosk has sweaters and vests with



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1 NEWS

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Alberta health officials brace for rush of influenza outbreaks

Illness spike. Lab-confirmed cases tripled in Calgary last year



JEREMY NOLAÏS
Metro in Calgary

New numbers show influenza cases jumped by more than 30 per cent in Alberta last season and health officials are now keeping a careful watch for outbreaks and urging residents to roll up their sleeves.

"Influenza is a big deal," said Dr. Martin Lavoie, the senior provincial medical officer of health. "It's a potentially severe respiratory infection."

A recent Alberta Health Services report gives a broad picture of the rush of influenza outbreaks during the 2012-13 season, which was tracked from Sept. 30 last year to July 20 this year.

Overall, cases diagnosed by general practitioners and emergency departments shot up 34 per cent but actual lab-

Quoted

"We always have people hospitalized, we always have deaths due to influenza."

Dr. Martin Lavoie, senior provincial medical officer

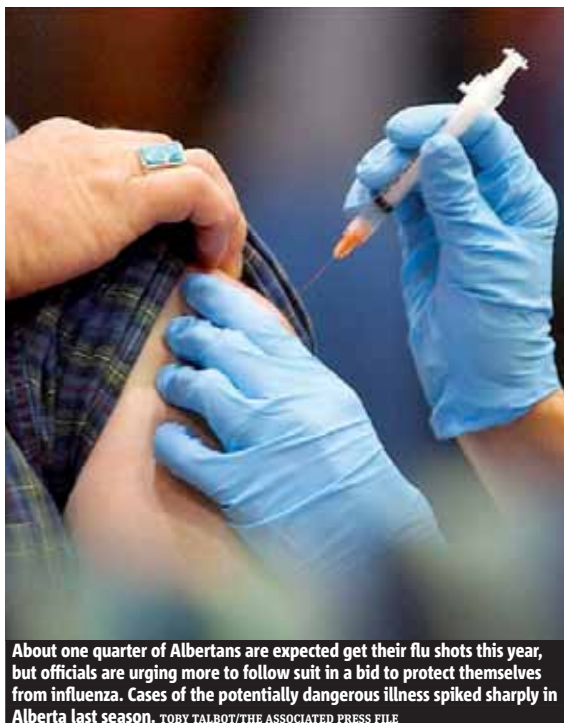
confirmed cases doubled when compared to the previous season and were up 3.5 times from the 2010-11 season.

The Calgary zone, in particular, saw lab cases roughly triple year-over-year to 766.

Despite ERs that swelled to 100-per-cent capacity, AHS still classified the last influenza season as "moderately severe" because it paled in comparison to illness rates seen during pandemic seasons, like 2009-10.

Now, Lavoie said officials are stuck in a bit of a holding pattern, awaiting an influx of outbreaks that generally begins in mid-December.

But, he added, now is the optimal time for people to visit a clinic for a free flu shot.



About one quarter of Albertans are expected get their flu shots this year, but officials are urging more to follow suit in a bid to protect themselves from influenza. Cases of the potentially dangerous illness spiked sharply in Alberta last season. TOBY TALBOT/THE ASSOCIATED PRESS FILE

Athabasca River. Province orders cleanup of coal slurry spill

The Alberta government ordered the owner of a coal mine Tuesday to clean up an estimated 670 million litres of waste water that spilled into tributaries of the Athabasca River.

The directive was contained in an environmental protection order to Coal Valley Resources and Sherritt International.

The order comes almost three weeks after an earth berm broke at the Obed Mountain mine near Hinton, allowing coal waste to spill into two creeks that feed the Athabasca River.

Alberta Environment spokeswoman Jessica Potter said the companies have been taking steps to remediate the spill. Potter said the environmental protection order formalizes the cleanup and gives timelines and deadlines.

"It offers us an opportunity to clearly outline expectations," she said. "It's a tool to ensure action is taken."

Potter said no decision has been made on whether environmental charges will

Big spill

- The pollutants have been found to exceed safety levels as far as 40 kilometres downstream of the spill.
- The province has advised all downstream communities not to draw water from the river while the slurry floats by and farmers have been advised to not let livestock drink from the river.

be laid.

"We are investigating and, if we feel environmental laws have been broken, it is something we can consider doing."

The spill on Oct. 31 sent clay, mud, shale and coal particles into Apetowun and Plante creeks. An Environment Canada database says the spill contained damaging compounds such as arsenic, mercury, cadmium, lead and manganese. **THE CANADIAN PRESS**

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Any vehicles parked along roads with these signs are subject to the seasonal parking ban and must remain off the street until the ban is lifted, even after the plows have passed by. METRO FILE

Parking ban remains in place amid big snowfall

As the snow keeps falling, the city's seasonal parking ban will remain in place.

The city was hoping to lift the ban that first went into place Sunday morning on Tuesday, but the second dump of snow the city received has meant the city will have to go back to bus routes and arterial roads.

"The additional snowfall we received overnight and are expecting through the day has made it necessary for our crews to go over those areas again,"

said Bob Dunford, the city's director of roadway maintenance, in a news release.

Dunford said after the bus routes and arterial roads were cleared, the city would aim to go into residential neighbourhoods. He said they greatly appreciated all of the residents who had moved their vehicles.

Mayor Don Iveson commended city crews and said he thought they were doing a great job under difficult circumstances.

"We have had twice as

much as snow as you normally get in November in about four days," he said.

Currently the city aims to clear bus routes and arterials in 48 hours. Iveson said to bring that number down the city would have to spend a lot more money.

"In order to get it down to something like a 12-hour response time, I got some rough information this morning, that it would be like a doubling of the budget."

RYAN TUMILTY/METRO

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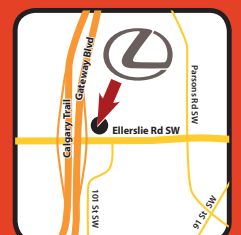


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Groups aim to keep kids from gangs

City organizations have come together to keep youth from getting involved with area gangs, as announced Tuesday.

Details of the WrapEd strategies are still being formed at this time, but officials say the partnership between five Edmonton groups — including Edmonton Police Service and the Africa Centre — will mean

more funding will go towards helping youth.

“What’s tremendously important is that we brought together the diverse organizations to collaborate,” said Lindsay Daniller, director of community initiatives and development at REACH Edmonton, who brought the groups together.

In addition to helping

youth, the aim was to get the organizations to come together and request money as a group rather than individually, said Daniller.

Working with youth aged 12 to 17, the program will focus on 180 individuals, primarily from Aboriginal and refugee backgrounds.

The initiative began on Oct. 1 and youth will be admitted into the program in

WrapEd

- 180 individuals will be part of the program.
- Youth aged 12 to 17 are the focus of WrapEd.

2014. WrapEd will run until 2018. **STEPHANIE DUBOIS/METRO**

Councillor says \$13.1M surplus should be used to fix potholes

Grind and pave.

Coun. Amarjeet Sohi says extra money should be used to fix roadways, which are ‘pretty bad’ and ‘getting worse’

RYAN TUMILTY
ryan.tumilty@metronews.ca

The city is forecasting a modest surplus next year, and one councillor has some early plans for it.

City officials reported to council Tuesday they are expecting to see the city end the year \$13.1 million in the black. Coun. Amar-

jeet Sohi said he would like to see the city spend that money on a grind-and-pave program to help deal with pothole trouble.

“The condition of our roadways is pretty bad and it is getting worse so we need to put money into repairing them,” he said.

Sohi initially put forward a motion on the issue, but pulled back because some councillors and Mayor Don Iveson expressed concern about spending the surplus before it happened.

“I think there was a consensus that we would look at it, but we need to know what the surplus is because if it keeps snowing like this, there isn’t going to be a surplus,” said Iveson.



A series of freeze-and-thaw cycles did serious damage to city roads this year, leading to one of the worst pothole seasons on record. **METRO FILE**



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Friday & Saturday	9:00 AM - 4:30 PM	
Wednesday & Thursday	9:00 AM - 8:00 PM	Millbourne Market Mall, 7609, 38 Avenue, Edmonton
Friday & Saturday	9:00 AM - 4:30 PM	
Wednesday & Thursday	9:00 AM - 8:00 PM	Northgate Health Centre, 2020, 9499 137 Avenue, Edmonton
Friday & Saturday	9:00 AM - 4:30 PM	
Wednesday & Thursday	9:00 AM - 8:00 PM	Riverbend Square, Unit G206, 596 Riverbend Square NW Edmonton
Friday & Saturday	9:00 AM - 4:30 PM	
Wednesday & Thursday	9:00 AM - 8:00 PM	Westmount Mall (Woodcroft Public Health Centre) #448 Westmount Centre, 111 Avenue & Groat Road, Edmonton
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Friday & Saturday	9:00 AM - 4:30 PM	
Wednesday & Thursday	9:00 AM - 8:00 PM	Grandin Park Plaza Mall, 22 Sir Winston Churchill Avenue St. Albert
Friday & Saturday	9:00 AM - 4:30 PM	

***NOTE:** Dedicated Influenza Immunization Clinics in the Edmonton area (as listed above) will close end of day November 23, and will not be reopening. Immunization will continue to be available through AHS Community Health Centres in your local area, through end of March.

Please bring Alberta Health Care Card. Short sleeves recommended.

For more info, including local clinic details, visit **www.albertahealthservices.ca** or call **Health Link Alberta** at **1.866.408.5465 (LINK)**.

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Alta. cord blood bank opening

Stem cells. Facility will be one of only four in Canada

LUCY
HAINES
edmonton@metronews.ca

A national public umbilical-cord blood bank is one day closer to becoming a reality as a partnership between Canadian Blood Services and the Lois Hole Hospital for Women (LHHW) was announced Tuesday.

One of only four hospitals in the country and the only one in Alberta to serve as a collection site, LHHW will encourage expectant and new mothers to donate their baby's cord blood on delivery for use in any patient in need, usually those with leukemia or lymphoma.

Joanna Pawlyshyn, Operation Lead at Royal Alexandra Hospital, said with 6,000 babies delivered here last year, she hopes LHHW can be a Canadian leader in stem-cell collection, with a special aim to help

Quoted

"The cord blood bank will help people with a lot more living to do."

Jill Wallace, whose daughter has been helped by a stem-cell transplant.

hard-to-match patients from Aboriginal or multi-ethnic populations.

"I wouldn't be here without Canadian Blood Services," said Marshall Eliuk, who developed aplastic anemia 13 years ago and needed nine months of transfusions — over 500 units in all. The Edmonton man has made the largest-ever donation to the campaign to create a national blood bank — \$1.5 million — and the local site will bear his name when it opens in 2014.

Jill Wallace's five-year-old daughter Evan has come through a two-year battle with leukemia, finally getting a stem-cell transplant from an unrelated donor last year. "This will bring hope and options to Canadians," said Wallace.



Five-year-old Evan Wallace, with her mom Jill, is thriving today thanks to a stem-cell transplant in 2012 that put her leukemia into remission. LUCY HAINES/FOR METRO

Police looking to buy more land for new campus



Police currently process prisoners at the downtown headquarters. METRO FILE

Before the shovels get into the ground, Edmonton Police are already thinking about creating more room for their proposed northwest police campus.

The \$81-million facility is set to be built near the Anthony Henday and 127 Street and would include a new police station, a training centre and an arrest processing unit.

The budget for the project was first approved three years ago, but work on it still

has not begun.

The police force now wants to look at buying more land and is considering adding other components including an indoor gun range, the traffic unit and the canine unit, which could also be housed at the site.

"We want to be proactive and not have someone else buy up the land right beside us and we (won't) have a shot of doing our vision here," said Brian Kisilevich, chief ad-

Whereabouts

The new facility would be located near the Edmonton Remand Centre and would make it easier for police to transfer prisoners to the provincial jail.


ministrative officer with the police.

Kisilevich said those other components would likely not

be part of the original facility, but buying the land for them creates the opportunity. He said there is no reason the proposed additions should slow the opening of the facility.


Coun. Dave Loken said he just wants to see the project move ahead. "I am frustrated by it; we approved this money three budgets ago and there should have been movement on it by now," he said.

RYAN TUMILTY/METRO



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Typhoon. Officials still looking for 17 Canadians missing in Philippines

Foreign Affairs officials are still trying to track down 17 Canadians who remain unaccounted for in the typhoon-ravaged Philippines. But they say they still have no reports of any Canadians killed or injured in the disaster.

They say locating people is becoming easier as communications are restored.

Meanwhile, the Canadian Forces are shipping a third helicopter and another water purification unit to the Disaster Assistance Response

Aid contributions

International Development Minister Christian Paradis clarified that the \$15 million in aid announced Monday was the government's contribution to match donations by Canadians totalling \$19.6 million so far for Filipino relief.

Team, or DART, operating on the island of Panay.

THE CANADIAN PRESS

Greenpeace protest

Canadian granted bail in Russia

Canadian Paul Ruzyski of Port Colborne, Ont., who was among 30 arrested during a protest in September, has been granted bail by a Russian court.

The Primorsky court in

St. Petersburg set bail at two million rubles (\$61,500 US) each for seven Greenpeace activists granted bail Tuesday.

The court said they will be released if the bail is paid within the next four days. The court did not say whether the seven could leave Russia while on bail.

THE ASSOCIATED PRESS

'Apocalyptic' storm floods Sardinia, kills at least 16

Residents ignored evacuation orders.
Civil protection chief says system signalled highest level of risk

The Mediterranean island of Sardinia, prized by the jet-set for its white sand beaches and crystal-clear seas, was a flood-ravaged mud bath Tuesday after a freak torrential rainstorm killed at least 16 people, downed bridges and swept away cars.

The island, which draws royals, entrepreneurs and ordinary tourists alike during the dry, peak summer months, received more than 44 centimetres of rain in 24 hours Monday — half the amount it normally receives in a year, officials said.

Transport was hampered by rivers of cocoa-coloured mud gushing over roads that forced the closure of several major thoroughfares, including a tunnel into the city of Olbia, according to the Anas company that runs Italy's roads and highways.



A truck and a bus are stranded by floodwaters in a tunnel near Olbia, Italy, in this photo taken on Monday. Sardinia was a flood-ravaged mud bath Tuesday after a freak torrential rainstorm. MASSIMO LOCCI/THE ASSOCIATED PRESS

Olbia Mayor Gianni Giovannelli said the city had been destroyed by the "apocalyptic" storm, with bridges felled

and water levels reaching three metres in some places. He described the ferocity of the storm's rains as a "water bomb."

Local newspaper L'Unione Sarda said a policeman escorting an ambulance died

when the car he was travelling in was submerged after a bridge collapsed in Dorgali. In hard-hit Gallura, three people died after their car was swept away in the collapse of another bridge, the paper said.

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Rob Ford finds Jesus, Kenney finds his voice

Toronto, Ottawa. Mayor says he's thrown out the booze, top Tory says he's shamed the city

Toronto's disgraced mayor, Rob Ford, says he's had a "Jesus moment."

He says he's turning his life around, staying off alcohol and trying to lose weight.

He told CBC's Peter Mansbridge he has had a "come to Jesus moment" brought on by all the "belittling."

It was just another eyebrow-raising episode in the Ford scandal, filled with stories about drugs and alcohol.

Another jolt came in Ottawa from top Tory Jason Kenney. He became the first federal cabinet minister to

call on Ford to resign.

"I will say as an elected official that I think Mr. Ford has brought dishonour to public office and the office of mayor and his city," Kenney said.

"I wish he had taken a leave of absence some time ago to go and deal with his personal problems.

"But not having done that, I personally think he should step aside and stop dragging the city of Toronto through this terrible embarrassment."

Justin Trudeau also joined the fray. "I will take no lessons in accountability from a man whose fishing buddy is Rob Ford," Trudeau said in response to Stephen Harper's attempts to deflect his queries on the Senate scandal.

On Monday, councillors slashed Ford's budget and handed many of his duties and staff to the deputy mayor.

THE CANADIAN PRESS

Sun News pulls plug

Ford TV show fades to black

Sun News has cancelled Mayor Rob Ford's TV talk show, Ford Nation, after its debut Monday evening.

Kory Teneycke, the network's vice-president, confirmed in an email to

Torstar News Service that the show is over. The cancellation came after one of the sponsors, Canadian Tire, withdrew its support.

The move followed a flurry of criticisms on Twitter — some vowed to boycott the chain.

TORSTAR/THE CANADIAN PRESS



Back on the job (what's left of it): Rob Ford arrives at Toronto City Hall Tuesday. CHRIS YOUNG/THE CANADIAN PRESS

Scandal in OR

Guilty: Sedated women molested

An anesthesiologist accused of molesting 21 female patients during surgery was found guilty on all counts Tuesday.

Dr. George Doodnaught, who was called a "sexual opportunist" by the Crown, had pleaded not guilty to sexually assaulting each of the women.

Some of Doodnaught's victims were in the packed Toronto courtroom as the verdict was read, and some people could be heard sighing with relief or whispering "Yes."

THE CANADIAN PRESS

Murder-suicide bid?

Senator stabbed, son shot dead

A U.S. state senator was stabbed Tuesday in his head and chest at his home, and his son died at the residence from a gunshot wound, police said.

A Virginia police spokesperson wouldn't say who stabbed R. Creigh Deeds or how his son was shot. "We're leaning towards it being an attempted murder-suicide," Corrine Geller said.

Inside the senator's home in Millboro, authorities found Deeds' 24-year-old son, Gus, suffering from a gunshot wound.

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Suicide bomb attack kills 23 in Beirut



Lebanese people gather at the scene of two explosions near the Iranian Embassy in Beirut on Tuesday. BILAL HUSSEIN/THE ASSOCIATED PRESS

Sectarianism. Tensions between Lebanese Sunnis, who largely back Syrian rebellion, and Shiites, who tend to support Assad, flare up in bloodshed

Two suicide bombers detonated explosions outside the Iranian Embassy in a mainly Shiite district of the Lebanese capital on Tuesday, killing 23 people, including the Iranian cultural attaché, apparently in retaliation for the Lebanese group Hezbollah's support of Syrian President Bashar Assad.

The bombings appeared to be another strike in an intensifying proxy battle over Syria's civil war that is rattling its smaller neighbour Lebanon. An al-Qaida-linked Sunni extremist group claimed responsibility for the attack, saying more would follow unless the Iranian-backed Shiite Hezbollah withdraws fighters that have helped Assad's military score key victories over Syrian rebels.

The mid-morning blasts hit the upscale neighbourhood of Janah, a Hezbollah stronghold, leaving bodies and pools of blood on the glass-strewn street amid burning cars. More than 140 people were wounded, officials said.

A Lebanese security official said the first suicide attacker was on a motorcycle that carried two kilograms of explosives. He blew himself up at the large black main gate of the Iranian mission, damaging the three-storey facility, the official said.

Less than two minutes later, a second suicide attacker driving a car rigged with 50 kilograms of explosives struck about 10 metres away, the official said. He spoke to The Associated Press on condition of anonymity in line with regulations.

In recent weeks, Hezbollah fighters have backed Assad's troops in a series of victories over rebels, taking back a string of rebel-held towns in Syria. Shiite Iran is the main Mideast backer of Assad's government, believed to be providing it with key financing and weapons.

THE ASSOCIATED PRESS

Russian probe

Faulty flying blamed for plane crash that killed 50

The pilots of a Boeing 737 that plunged into the ground at Kazan airport lost speed in a steep climb then overcompensated and sent the plane into a near-vertical dive, according to a preliminary report released Tuesday by Russian aviation

experts. All 50 people aboard were killed.

The Moscow-based Interstate Aviation Committee, which oversees civil flights in much of the former Soviet Union, said the plane's engines and other systems were working fine until the moment the plane crashed Sunday night.

The plane struck the ground going about 450 kilometres per hour, the report said.

THE ASSOCIATED PRESS

Ottawa

College takes heat for men-only campus in Saudi Arabia

Some faculty at Ottawa's Algonquin College are upset the college opened an overseas campus exclusively for men in Jazan, Saudi Arabia.

They're claiming Algonquin is putting revenues ahead of human rights.

Algonquin is one of 10

community colleges and technical schools from Canada, the U.S. and Europe invited to open schools in Saudi Arabia. And there's more to come.

With a student body of 850 in its first year of operations and enrollment expected to rise to 2,500 by year three, Algonquin College's Jazan campus revenue is predicted to exceed 100 million riyal, or \$25 million, over the next five years.

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A worker inspects a railway car that was part of a convoy of cars carrying crude oil that derailed resulting in explosions in Lac-Mégantic, Que., on July 7. A TransCanada Corp. executive says rail will be used more often to transport oil if the Keystone pipeline project is not approved. PAUL CHIASSON/THE CANADIAN PRESS

If Keystone XL pipeline denied, rail will be used

TransCanada Corp.

Exec warns company on track to transport more oil by railway if controversial project gets turned down

A denial of the proposed Keystone XL pipeline would lead to more oil moving across the continent by rail, an executive with pipeline builder TransCanada Corp. said Tuesday, calling such an outcome a "tragedy."

"While we view rail as a complementary short-term solution until more pipeline capacity is brought online, more rail terminals will be built to fill the capacity gap if

Stopgap measure

"We have really ramped up our business development activities working with rail companies."

Alex Pourbaix, president of energy and oil pipelines for TransCanada Corp. He sees rail as a way to fill the gap until pipelines are built.

Keystone XL is not approved," Alex Pourbaix, president of energy and oil pipelines, told an investor conference.

"And I think it's a real tragedy if this situation continues indefinitely, as pipelines are obviously much more cost-effective. They are statistically safer and more environmentally friendly to transport oil."

THE CANADIAN PRESS

Train troubles

With Keystone XL and other pipelines mired in regulatory delays, Canadian and U.S. oil producers have been increasingly turning to rail to get their crude to market.

- But scrutiny over the safety of that mode of transport has intensified after a series of high-profile events this year. Most notably, a train laden with oil from North Dakota's Bakken region crashed into the town of Lac Mégantic, Que., this summer, killing 47 people.

#justjoking? Minister of employment posts, then deletes anti-union tweet

Shortly after midnight Tuesday, Canada's minister of employment took to Twitter to thank his staff for working overtime.

"Just wrapped up a meeting with several staff members, at midnight," Jason Kenney tweeted. "Good thing they're not unionized!"

Twitter users pounced on the minister, calling him "an uncaring boss" and accusing him of "union bashing." Others claimed the tweet was evidence of an anti-labour bias amongst federal Conservatives.

Unifor president Jerry Dias said Kenney's comments were "arrogant" and inappropriate given that roughly one in three Canadians belongs to a union.



Employment Minister Jason Kenney claimed this Twitter posting, later deleted, was a joke. TWITTER

Kenney quickly backpedaled, deleting the tweet and replacing it with one that lacked any reference to unions. He later referred to the remark as a joke, and said it "wasn't intended as a political comment."

As for Kenney's staff, Dias suggested they consider joining a union. LUKE SIMCOE/METRO

Calling for an apology

"He should be apologizing ... He just insulted 10 million Canadians. He just insulted the entire middle class."

Unifor president Jerry Dias, on Jason Kenney's tweet.

France

Ikea's top brass spied on workers, shoppers: Report

Officials say senior executives of Ikea France are in police custody over allegations that they illegally spied on employees and customers.

Ikea France has fired four employees and instituted a code of conduct in response to the investigation. French officials close to the case said Ikea France CEO Stefan Vanoverbeke and its finance chief, Dariusz Rycher, were apprehended Monday. THE ASSOCIATED PRESS

American Thanksgiving

Butterball baffled by bony birds

Butterball apparently has a big fat mystery on its hands: The company says it doesn't know why some of its turkeys wouldn't plump up in time for Thanksgiving in the U.S. this year.

THE ASSOCIATED PRESS



Americans are facing a shortage of big Butterball birds. GETTY IMAGES FILE

Random biz fact of the day

46%

46 per cent of workers said a company's employment brand plays a very big role in their decision to apply for a job within the organization; 45 per cent say it plays somewhat of a role.

CAREERBUILDER

Market Minute

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TSX
13,442.60 (-15.46)

OIL
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GOLD
\$1,273.50 US (+\$1.20)

Natural gas: \$3.55 US (-6¢)
Dow Jones: 15,967.03 (-8.99)

Michael Bloomberg

NYC bans tobacco sales to under-21's

Mayor Michael Bloomberg signed landmark legislation Tuesday banning the sale of tobacco products to anyone under the age of 21, making New York the first large city or state in the country to prohibit sales to young adults.

During a brief ceremony at city hall, Bloomberg said raising the legal purchase age from 18 to 21 will help prevent young people from experimenting with tobacco at the age when they are most likely to become addicted. THE ASSOCIATED PRESS

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Day 13

metronews.ca/temp

Sick daze

In sickness and in health, temps show up for work

The insecurity of temporary employment prevents workers from taking the time off to address their health issues, argues a team of researchers from the Institute for Work & Health, an independent not-for-profit organization, in a 2010 study.

They found that:

- Workers in temporary jobs were 37 per cent less likely to be absent due to sickness compared to those with permanent positions.
- Workers with tenure of one to three months were 27 per cent less likely to take an absence when compared to workers who hold a longer tenure.

PHOEBE HO/FOR METRO



ISTOCK

Woe befalls Walmart

Fight for your rights, face retaliation?

Federal officials in the U.S. are prepared to file formal complaints against Walmart for allegedly violating the legal rights of protesting workers last year. **THE ASSOCIATED PRESS**

Temp Does Ambulance Duty

I asked Darren to put Dan into the BMW's back seat. "If we dump him by the door at Crown, they'll be forced to take pity on him."

Darren rifled through the glove compartment. "Look! A BlackBerry Z10!" The BlackBerry then promptly rang (ringtone: Dust in the Wind by Kansas). "Hello?"

A woman squawked on the other end. I grabbed the receiver. "Hello, who's this?"

"It's Chantelle, Dan's wife. Who's this?"

"I'm Shannon. I'm a temp at Dan's office. He had an accident and we're trying to take him to a hospital but he doesn't have his credit cards so nobody wants him."

"Come to our house and pick me up."

"Aren't you in Florida?"

"I found a card with a pile of unused frequent flyer miles so I returned early."

Chantelle was on the curb. Her lips were swollen like Donald Duck's beak, and it was hard to not stare.

"I know I look strange but I never expected to get old and then one day it happened and, as you can see, I'm not handling it well. I know I look ridiculous."

On cue both Darren and I chimed, "No, you look great!"

Darren added, "I'm sure your lips will look terrific once they deflate, Chantelle."

Chantelle was unruffled by the sight of Dan in the back, and with me at the wheel and Darren in the passenger seat looking and smelling very street-y. Chantelle

removed a fifth of vodka from her purse. "Any takers?"

Darren eagerly accepted, and we soon arrived at Crown Permenente. "You two lug him in," she said. "I'll handle the staff."

"You've got your credit cards, then?"

"Cards shmards. A well-dressed, well-nourished white woman with obvious cosmetic surgery is welcome in any hospital on the planet."

Dang if she wasn't right. The supermodel nurse beamed at her, while another fetched her a cappuccino and asked which satellite music station she preferred. We dropped Danimal's carcass inside the door and two hot guys who looked like Qantas flight attendants whisked him away. It couldn't have been more pleasant.

"You two wait in the car. I'll be out in a sec."

Chantelle soon emerged and got into the back seat. "Shannon take me home. Darren, you stay the night at my place. We can

"I'm Shannon. I'm a temp at Dan's office. He had an accident and we're trying to take him to a hospital..."

party and maybe you can take a shower later. Dan's clothes will fit you, too. Shannon, you keep the car for a few days."

"Seriously?"

"I may be aging gracefully, but I'm no idiot like Kevin's wife. Just promise me you won't set fire to it."

"It's a promise."

I feel like a bad person, but I was so excited to have a Beemer for a few days that I forgot to ask what was wrong with Dan.

TO BE CONTINUED ...



Random biz fact of the day

67%

A majority of job seekers say they would accept a lower salary if the company had exceptionally positive reviews online (67 per cent) or a lot of positive press recently (65 per cent).

SOURCE: NEXCAREER

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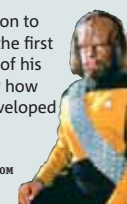
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Random fact of the day

Call it experimental parenting.

- A dad only spoke Klingon to his son for the first three years of his life to study how children developed language.

SOURCE: OMG-FACTS.COM



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TO THINE OWN SELFIE BE TRUE

Have you heard the Word?

The Word of the Year, that is.

According to the Oxford Dictionaries, the 2013 Word of the Year is "selfie": "A photograph that one has taken of oneself, typically one taken with a smartphone or web cam and uploaded to a social media website."

Selfie beat out other worthy words, such as "binge-watch," which is the stupefying practice of watching entire seasons of TV episodes in a single, coma-inducing couch session, and "olinguito," the cute, little, previously-unknown mammal found in the mountain forests of Colombia and Ecuador.

Just think how trendy you can sound if you get all three into a single sentence, something like:

"I was, like, binge-watching back episodes of Too Cute on Animal Planet and uploading selfies 'cause I was like — bored — when I came across a program about the olinguito, which, was,



JUST SAYIN'

Paul Sullivan

metronews.ca

like, just discovered this year. It's like the smallest member of the raccoon family."

Or something like that.

Selfie is the perfect word for a neo-narcissist generation that can't resist itself. Typically a selfie is taken in poor light, usually out of focus, artlessly posed and composed, but nevertheless considered suitable for sharing with the WHOLE world on Instagram.

I don't see the attraction. Every selfie I've ever taken looks like Nick Nolte's mug shot and has been instantly deleted. I guess I need to spend more time getting in touch with my inner 15-year-old girl.

I'm obviously in the minority. Oxford picked selfie because the frequency of use has increased

by 17,000 per cent over the same time last year.

Which leads me to wonder if the Oxonians are running some vast offshore language surveillance pound where bearded professors in tweed and leather elbow-patched jackets monitor the

world's conversations while sipping sherry.

You should know as well that Oxford's not the only outfit engaging in this Word of the Year racket. In fact, there's even a Word of the Year season. This year's began on Nov. 5, when the Global Language Monitor issued its 10 Top Words, which, oddly enough, does not include selfie. The two lists do however share "twerking," which is defined as: "To dance to popular music in a sexually provocative manner involving thrusting hip movements and a low, squatting stance." As in: "Look, Daddy, Hanna Montana's twerking."

The Word of the Year season ends, thankfully, in January, when the American Dialect Society announces its candidate. Last year's, by the way, was "hashtag," as in "#decline of Western civilization."

Meanwhile, you'll have to excuse me. I'm not feeling too well. I dropped my smartphone into the toilet while I was taking a selfie of me taking a selfie in the bathroom mirror, and now I'm suffering from nomophobia (2012 runner-up) which means "anxiety caused by being without one's mobile phone."

I feel so unfriended (2009).

ZOOM

Shot with a DIY cam? Snow way

A Russian photographer proves you don't need expensive equipment to take wonderful macro photographs.

Alexey Kljatov, from Moscow, used a homemade camera rig consisting of a wooden board, adhesive tape, a piece of glass and a \$45 lens from an old camera to capture the beautiful shapes of snowflakes.

Kljatov's images prove that no two snowflakes are alike, but it's down to atmospheric factors that give snow crystals their uniqueness. Snowflakes are hexagonal in shape in their basic form, but once they've fallen, the crystals interact with temperature, vapour and gravity.

METRO

Photog's viewpoint



"As the first frost arrives, I spread my woolen scarf on my open-air balcony and wait for the snowflakes to fall."

Alexey Kljatov



Kljatov's DIY setup features a Canon Powershot A650 and a 44M-5 Helios lens from a Soviet Zenit camera. COURTESY ALEXEY KLJATOV



COURTESY ALEXEY KLJATOV

Clickbait



ANDREW FIFIELD

andrew.fifield@metronews.ca

Congratulations to 'selfie' for deservedly bringing home the Oxford Dictionaries 2013 Word of the Year tiara. We glanced away from the bathroom mirror long enough to check the official shortlist, and here are some of the runners-up.

Twerk:

Credit pearl-clutchers trying to shield us from the evils of Miley Cyrus for teaching our elders about twerking. However, the excellence of We Can't Stop aside, Miley isn't the twerk authority. Seek out Big Freedia, the mighty New Orleans rapper with a nightier stage show and cut-to-the-chase lyrics like "a-- over here/a-- over there/a-- everywhere." Bonus: An instructional video on teaching your dog to twerk. (bigfreedia.com)

Binge-Watch:

Breaking Bad was to binge-watching what Miley was to twerking. Sadly, one of them will never be heard from again. But if you happen to be up to

date on the fate of Walter White, there's plenty of other binge-worthy shows on Netflix. Top of the Lake and The 4400 are fine fare for drama fans. Archer and Peep Show are shining beacons of comedy.

Schmeat:

Synthetically made meat that's less pejoratively known as "in-vitro." In August, a team of scientists served up the world's first hamburger made from the stuff, the end stage of a process that began with harvesting muscle cells from a living cow. The world's rising demand for food isn't a passing trend, so pencil schmeat in as a 2014 contender. Learn more about how it was done at culturedbeef.net.



A picture of two people taking a photo of themselves — also known as a group selfie. BOB DASS/Flickr

Twitter



@CHFIERin: Anything but "adorbs". It's just "ridic".

@metropicks asked: Oxford Dictionary declared 'selfie' 2013's word of the year. Whatevs. Nominate a word of the year for our Best Of List

@Canucklehead_ca: twerk: As in, "Guess I have time for a quick beer before I get back twerk." Cheers!

@Xenojay: At least it's not "duck-face"? #Selfie #WordOfTheYear #HumansAreTerrible

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WE WANT TO HEAR FROM YOU: Send us your comments: edmontonletters@metronews.ca

Rock 'n' roll's temp-tation

Filling the shoes of an established artist is never easy but sometimes 15 minutes of fame is all you need to jump start a career or revitalize an existing one.

MIKE DOJC
scene@metronews.ca



Tim "Ripper" Owens

One minute he's a hardcore Judas Priest fanboy screaming his favourite band's songs as the front-man of a tribute act and the next minute he's stepping in for Rob Halford behind the mic.

During his seven-year stretch with the British metal gods he worshipped growing up, Owens recorded a pair of studio albums (Jugulator and Demolition) and a couple live ones and garnered a Grammy nomination for best metal performance in 1999 for Bullet Train.

Aftermath: Owens' fan-to-front-man story inspired the Mark Wahlberg movie Rock Star.

David Coverdale

Before Whitesnake and achieving monster balladeer immortality, Coverdale read an article in Melody Maker that changed his life.

Ian Gillan had quit the band and Deep Purple were auditioning singers. Coverdale's bluesy vocals and impressive rocker hair fit the bill and just like that he's heading to America for the first time and walking out on a stage in front of over 200,000 screaming fans at 1974's California Jam.

You can hear Coverdale on Purple's Burn, Stormbringer, and Come Taste the Band.

Aftermath: "An' here I go again on my own/ Goin' down the only road I've ever known/ Like a drifter I was born to walk alone."



ALL PHOTOS GETTY IMAGES



J.D. Fortune

After hearing guitarist Tim Farris tell him the words he was praying to hear, "You are right for our band," on the finale of CBS's Rock Star: INXS, Fortune went from sleeping in his car to touring the world with one of Australia's sexiest musical exports.

It was a fairy tale dream come true for the Mississauga native who never had much luck with office jobs and once paid the bills as an Elvis impersonator.

A longtime fan, the first song Fortune learned to play on the guitar growing up was the band's smash Devil Inside.

Aftermath: INXS fired Fortune in 2011. Chasing Fortune a film about J.D.'s wild ride and his attempts to keep on rocking premieres Nov. 12 on Super Channel.

Ronnie James Dio

After Black Sabbath sacked Ozzy Osbourne in 1979, Ronnie James Dio — who had previously fronted Elf and Rainbow — was tapped to join heavy metal's most influential band.

Dio revitalized Sabbath during his original three-year spell with the band. But you only really know how much they love you when they ask you back, as they did in the early '90s to record Dehumanizer.

Aftermath: Dio was a successful '80s solo artist spurred by the strength of hits like Holy Diver and Rainbow in the Dark. Before his untimely passing in 2010 he would "temp" again with Sabbath buddies Tony Iommi and Geezer Butler on a 98-date world tour under the band name Heaven & Hell.



Adam Lambert

While nobody can really replace Freddie Mercury, the American Idol Season 8 glam rocking runner-up has the dramatic chops and requisite vocal gymnastic abilities to do Queen anthems We Are the Champions and Bohemian Rhapsody justice.

Following the five year Queen + Paul Rodgers collaboration, which resulted in a pair of world tours and a studio album, Lambert has stepped up to the plate.

Aftermath: Lambert last performed with Queen at this fall's iHeart Radio Festival and he had a guest stint on Glee this month.

2 SCENE

New Homes Available !

Of course all Coventry spec built homes come with the features we consider standard. Highlights include solid granite countertops in the kitchen, full height kitchen cabinets, hardwood flooring on the main level with matching heat registers, 10lb carpet underlay and 9ft ceilings in the basement.

Please visit your nearest showhome or see www.coventry-homes.com for more details.



Was Brittany Murphy poisoned?

When Brittany Murphy passed away suddenly in 2009, the official cause of death was pneumonia and anemia. Most people assumed that, in the case of a super-skinny, erratic starlet, that was a euphemism for death by drug abuse. When her husband, Simon Monjack, died just five months later of the same cause — pneumonia and anemia — that fit neatly in with the theory.

However, Murphy's father, Angelo Bertolotti, wasn't satisfied. He recently secured the rights to send samples of Murphy's hair and tissue to a lab for independent testing. The Examiner has the lab report, and it tells a shockingly different story:

"Ten of the heavy metals evaluated were detected at levels higher than the WHO (World Health Organization) high levels. ... If we were to eliminate the possibility of a simultaneous accidental heavy metals exposure to the sample donor then the only logical explanation would be an exposure to these metals (toxins) administered by a third party perpetrator with likely criminal intent."

Heavy metals such as



Brittany Murphy. ALL PHOTOS GETTY IMAGES

those found at high levels in Murphy's body are often present in rat poison and insecticides. They can cause all the symptoms that Murphy and Monjack suffered before their deaths.

It's hard to remember all the way back to 2007 when Murphy and Monjack were married, but the two were frequently the target of tabloid speculation. Monjack had a shady, criminal past, and once they were hitched, Murphy started to act increasingly

strange and appear increasingly gaunt. Shortly before Murphy's death, Monjack was rushed to a hospital after his plane landed at LAX. TMZ reported that Monjack was incoherent when EMTs boarded the plane. An asthma attack was blamed for his behaviour.

To make it even weirder, Sharon Murphy, Brittany's mother, continued to live with Monjack after her daughter's death, even sharing a bed with him. **DOROTHY ROBINSON/METRO WORLD NEWS IN NEW YORK CITY**

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



The dictionary people just want to be friends with celebrities

MELINDA TAUB

Metro World News in New York City

I think the Oxford English Dictionary is trying to suck up to Kim Kardashian.

What other explanation could there be for their selection of "selfie" as the word of the year? Is word of the year even a thing? Stop trying to make word of the year happen, Oxford English Dictionary.

The official explanation for the OED's choice of selfie is the word's sudden ubiquity. "It's not a new word," their blog explains. "But our word of the year need not be a new word. However, it does need to demonstrate some kind of prominence over the preceding year or so and selfie certainly fits the bill. It

seems like everyone who is anyone has posted a selfie somewhere on the Internet. If it is good enough for the Obamas or the Pope, then it is good enough for word of the year."

Whatever, OED. All I can say about this clear attempt to get RTed by selfie addicts like Kim Kardashian and Miley Cyrus is, please let me know if it works, because I would also like to be friends with celebrities. This is The Word, after all. The Word's word of the year could totally be a thing.

I have to admit that the art of selfies has been significantly refined this year. Celebs like Chris Pratt and Kim Kardashian use them to show off their slammin' bods. Beyoncé debuted a bold new haircut. Miley Cyrus took one in a wedding dress, apparently to quell rumours that her engagement to Liam Hemsworth was in trouble (it was, of course). And, of course, regular folks took selfies too. Usually at funerals.



Taylor Swift

Taylor goes house hunting in Harry's 'hood

While her relationship with Harry Styles is long since dead, that doesn't mean Taylor Swift can't be neighbours with the One Direction star. Swift was spotted house hunting in London recently, looking at properties in the posh St. John's Wood area, according to E! News. "She was looking at houses in the range of seven to eight million pounds," a source says. (That's as much as \$13.5 million.) "The properties that Swift has looked over are huge houses, complete with panic rooms and everything."



Demi Lovato

Sorry world, even Hannah Montana has to grow up

How can Demi Lovato put this nicely? All of Miley Cyrus' tongue-wagging, naked antics might be distracting attention from her singing. "A lot of artists take that route of shock value and that's totally fine and that's great, but I think that she has an incredible voice that's overshadowed by some of the things that she's doing," Lovato tells Katie Couric during an interview.

Still, she's sympathetic to her longtime friend. "I think that the world needs to get over the fact that she was Hannah Montana when she was 16 or whatever," the former child star says.



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Wednesday, November 20, 2013

TRAVEL

17

The city on the St. Lawrence River offers walks down centuries-old streets lined with elegant architecture and historic sites. Best of all, many of Montreal's greatest attractions can be experienced for free. Here are five free things to do on a visit to Montreal.

PHOTOS AND STORY: THE ASSOCIATED PRESS



Mount Royal

You can look up and see the towering trees of Mount Royal from nearly everywhere in Montreal. The nearly 200-hectare park tops out at 770 feet and boasts running, hiking and biking trails, an overlook onto downtown Montreal and a large lake. Frederick Law Olmsted, the man behind New York's Central Park, drew the plans for the park.

5

Free things to do in Montreal



Old Montreal and Old Port

The historic Old Montreal or Vieux Montreal district stretches along the St. Lawrence River in the southern part of Montreal. You could spend hours wandering the twisty, narrow walkways. Along the banks of the river at the Old Port, watch barges from a tree-lined park. A walking tour could include the Notre Dame Basilica and Montreal City Hall.



Montreal Museum of Fine Arts

The collection at the Montreal Museum of Fine Arts ranges from the European Renaissance, Rembrandt and Monet to Inuit sculpture, Jean-Michel Basquiat and other modern works. Admission to the general collection and outdoor sculpture garden is free but there is a charge for special exhibits.

Notre Dame de Bon Secours Chapel

A large statue of the Virgin Mary stands atop this church on the St. Lawrence River, leaning forward to welcome sailors into harbour. The origins of this ornate church date to the 1650s and the chapel visitors see today dates to the 1770s. Inside frescos, statues and altar artwork rival that of European churches. But the chapel earns its charm from the small replicas of sailing boats that hang from the ceiling like chandeliers, each with vigil candles.



Jean Talon Market

Small markets dot the Montreal streets but one of the larger and more interesting is Jean Talon Market or Marche Jean-Talon. The market has both covered and uncovered stalls filled with seasonal produce, cheeses, pastries and breads and other local specialties, like maple syrups. It all makes for a colourful and lively walk past vendors speaking French and English to customers.

3 FREE



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TRAVEL

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Wednesday, November 20, 2013

Bluegrass and a glass of bourbon

Louisville. Kentucky city is home to a burgeoning craft distillery scene

The maker of Evan Williams bourbon has uncorked a new attraction, opening a craft distillery just steps from where the whiskey pioneer who inspired the brand fired up his own commercial stills two centuries ago.

The distillery and "bourbon experience" — complete with tours and tasting rooms — is the first of several ventures to bolster tourism and bring small-batch bourbon production to the heart of downtown Louisville, once the hub of commerce for Kentucky whiskey makers.

Today's powerhouse bourbon brands such as Jim Beam, Wild Turkey and Maker's Mark are crafted in rural Kentucky settings, an hour or less away, but the trade is showing signs of a comeback in the city. An urban bourbon trail features 27 bars and restaurants, each stocked with at least 50 labels, and a planned bourbon district would tie together the city's bourbon heritage with historical markers and landmarks in the Whiskey Row area, where clusters of whis-

key merchants, wholesalers and blenders set up shop decades ago.

"It's the place to be," said Joe Magliocco, president of Michter's Distillery LLC, which is converting a downtown building into a craft distillery. "If you want to be one of the best, you've got to play among the best."

Heaven Hill, which makes Evan Williams, is at the forefront with its new \$10.5 million attraction — The Evan Williams Bourbon Experience.

It's located in a renovated building and offers tours that trace bourbon production from frontier days when whiskey was currency to its contemporary revival in bars and restaurants across the globe. It features a five-story Evan Williams bottle replica and of course, it has a gift shop, too. It opened to the public Nov. 15.

Kentucky produces 95 per cent of the world's bourbon, and the 4.9 million barrels of aging bourbon in this state outnumber the population here, according to the Kentucky Distillers' Association. As demand worldwide has spiked, the state's bourbon production has risen more than 120 per cent since 1999 to more than 1 million barrels in 2012. More than 2.5 million visitors have toured the major

distilleries along the Kentucky Bourbon Trail in the past five years, the group said. Heaven Hill's attraction, located on Whiskey Row, will be the northern gateway to the trail.

Despite its bourbon prowess, the Bluegrass state hasn't kept pace with other parts of the U.S. in attracting upstart craft distillers.

Kentucky ranks eighth nationally in distilled spirits permits, said Kentucky Distillers' Association president Eric Gregory, citing federal statistics. California ranks first, followed by Washington state, New York and Oregon.

Kentucky's tax on aging whiskey barrels has been an obstacle, he said. Still, he's working with 10 craft distillers setting up shop in Kentucky. "The next craft distiller, in 20, 30 or 40 years, could be the next Maker's Mark," Gregory said.

At The Evan Williams Experience, the star is Williams himself, a Welsh immigrant and early commercial distiller in Kentucky who started in 1783. During a tour of the distillery, projections on the walls and TVs delve into bourbon making and detail Williams' life as a city trustee, wharf master and distiller as the aroma of fermenting whiskey and aging barrels waft by.



A five-storey replica Evan Williams bottle pours into a nearly 1,500 gallon lowball glass in the lobby of the Evan Williams Bourbon flagship distillery in Louisville, Ky. PHOTOS: THE ASSOCIATED PRESS



Charlie Downs, an artisanal craft distiller at the new Heaven Hill Distilleries, checks gauges on a still that will produce small batches of whiskey. THE ASSOCIATED PRESS

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Colorado ski resort has something luxurious for everyone



ANDREW DOBSON
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Beaver Creek, near Avon, Colo., offers a playground for well-to-do couples and families keen on experiencing the crème de la crème in fine dining, resort accommodation and Rocky Mountain alpine adventures.

The resort has 25 lifts and 150 conventional trails. In addition to skiing and snowboarding, Beaver Creek has a dedicated Nordic and snowshoe centre.

Guests have the opportunity to explore 32 km of trails as well as Haymaker Tubing Hill, which offers sliding fun for those three feet and taller. Outfitters in the area also offer snowmobile tours, dog sledging and winter fly fishing.



Beaver Creek features 25 lifts and 150 conventional ski trails. CHRIS MCLENNAN

Family friendly New Year's Eve

The third Annual NYE Family Fun Carnival is always a big hit with locals and tourists alike. Each year the alfresco party sells out, so be sure to book your tickets early. The event starts with a Torchlight

Ski Down at 6:15 p.m. followed by fireworks that blast off in The Village at 6:45 p.m. Guests stay up until the wee hours of the night with the opportunity to enjoy carnival midway games, interactive inflatable fun, pool tables, foosball, arcade, dancing, a

photo booth and two balloon drops.

The Pines Lodge

Nestled among ancient aspen and pine groves on the slopes of Beaver Creek Resort, this lodge offers a great view of the Colorado Rockies with handy ski-in/

ski-out access.

The 60-room lodge is home to Grouse Mountain Grill — an AAA Four Diamond Award-winning restaurant — outdoor pool, Jacuzzi and fitness centre.

Guest rooms feature rich pine wood, a marble bath area, ski boot heaters, plush

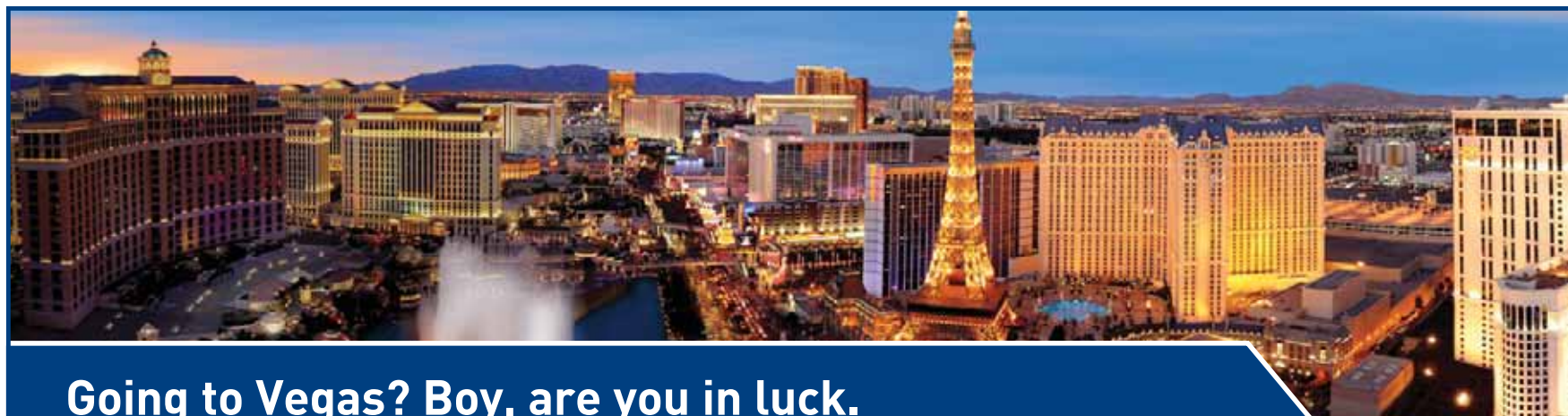
bathrobes and RockResorts Spa products. Condominiums and townhomes are also available and feature one to four bedrooms with spacious living areas, full kitchens, washer and dryers, balconies, soaking tubs and fireplaces.

Cabin feast

If you're making the trip down to Beaver Creek, check out Beano's Cabin. In the winter guests are picked up in a sleigh and whisked up the mountain to the restaurant's jaw-dropping location. The five-course dinner, prepared by executive chef Bill Greenwood, offers exquisite culinary panache on the plate.

Treat yourself

Those looking for a bit of pampering should book themselves into the Allegria Spa at The Park Hyatt. Start off your visit at the relaxing Aqua Sanitas, modelled on ancient Roman baths. Guests can indulge in a self-guided water ritual with a thermal pool, caldarium mineral pools, rain shower, caldarium steam room and tepidarium.



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Oh Paris, will you Marais me?

The coolest quarter. Neighbourhood boasts chic shops, bakeries and boutique hotels

MEREDITH
ENGEL

Metro World News in New York

Besides the Eiffel Tower, the Louvre and other touristy (but essential) stops for Parisian visitors, the trendy Marais district is a must.

But the Marais, which translates to "marsh" in French, wasn't always this hip. Tour guide Skall (yes, that's his full name — he's French, OK?) tells Metro that the influx of the gay community in the 1980s restored the enclave's cool factor. The arrival of plenty an art dealer also helped, as the area today is famous for its contemporary galleries. Make sure you stop by these other establishments for a truly tres magnifique Marais experience.

Fromagerie Jouannault
No trip to Paris would be complete without a visit to a specialty cheese shop. Whether you like your curds from cows, sheep or goats, find it here (even if it didn't originate in France). Want to take some cheese back to the States? The staff will vacuum-seal your purchase so it's TSA-friendly.

Le Marche des Enfants Rouges

The city's oldest covered market is also the area's best kept secret: walk through an alleyway to enter this indoor market, where you'll likely bump into Parisians doing their grocery shopping. You can buy everything from local produce to international foods. The market is also a great place to stop for a bite, with cuisines ranging from Japanese to French to Moroccan represented. Fun fact: It's named for the red outfits children at a nearby orphanage used to wear long ago.

Violette & Leonie
Find vintage and modern-

day womenswear, plus shoes and jewels, at this trendy consignment shop. Designer pieces from Dior, Hermes and Isabel Marant mingle with high street items.

Merci

Picture the Urban Outfitters of Paris and you've got Merci. Shop for quirky souvenirs — Eiffel Tower cookie cutter, anyone? — plus home furnishings (there's a plethora of kitchen items on the top level), clothes, bath products, stationery and much more. The store recently did a collaboration with NYC's Museum of the Modern Art, so you know the goods are stylin'. When you're done shopping, peruse the library of cookbooks and stop for a coffee.

Dalloyau

The history of this sweets shop is almost as rich as its chocolates. Charles Dalloyau was a baker who won the attention of Louis XIV during a tasting. The king hired Dalloyau, and

he and his brothers worked for the royal court over four generations. The store is famous for its Opera cake: a thin layer cake soaked in coffee syrup and topped with coffee buttercream, chocolate ganache and a dark chocolate coating (serves six; about \$60). Avoid the Laduree lines for a macaron from these guys instead.

Hotel du Petit Moulin

This quirky hotel used to house the oldest bakery in Paris (the exterior retains the original signage). Each room is designed in a different fashion by Christian Lacroix, and the eccentric nature of the building means that each room is shaped differently. If you can, book Room 104 — you'll walk down a flight of zebra-covered steps into your private dwelling. Rooms start at about \$336 per night.

Pavillon de la Reine

It's easy to walk by this ivy-covered hotel — it's hid-



Marais, meaning 'marsh', is a hub for art dealers and cafés. iStock

den in a private courtyard behind shops on the Place de Vosges. The hotel recently underwent an overhaul; ask for one of the renovated rooms, which are loft style and overlook the private courtyard. Come down for eggs, ham, cheese and those fabulous French pastries in the morning. Rooms start at about \$518 per night.

At these hotels

Before leaving for dinner during your stay, stop for a drink at the Honesty Bar: Fix yourself a cocktail and, on the honor system, check the price list and leave the appropriate number of euros. Ironically, both hotels have just added a Dishonesty Hour, Wednesdays from 5-6 p.m., when you can help yourself to drinks for free.

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Chicken Pot Stickers go from blah to yum with a drool-worthy filling

Chicken Pot Stickers



This recipe makes 28 pieces. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)



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When I go for dim sum, I enjoy pot stickers. But, as with egg rolls, I often find the fillings boring, and tasty only with the dipping sauce. My version of pot stickers has a delicious filling, and they're easy to prepare.

If wontons aren't available, use small egg roll wrappers.

These can be prepared early in the day and kept refrigerated. Cook just before

serving.

1. Measure out about 2 tbsp of the Hoisin sauce and set aside.

2. To make the filling: Combine the chicken, garlic, green onion and cilantro in the bowl of a food processor. Add the 2 tbsp of reserved sauce, and pulse on and off until the filling is finely and evenly chopped and everything is well combined.

3. Place 2 tsp of the filling in the centre of each wrapper. Pull the edges up to make a small bundle, pleating and

Ingredients

Sauce

- 1/2 cup Hoisin sauce, divided

Filling

- 8 oz lean ground chicken
- 1 clove finely chopped garlic
- 1 chopped green onion
- 2 tbsp chopped cilantro
- 28 small wonton wrappers
- 1/2 cup low-sodium beef or chicken stock
- 3 tbsp chopped cilantro

Nutritional analysis

Per serving: 81 calories, 15 g carbohydrates, 0.6 g fibre, 4 g protein, 0.6 g total fat, 0.1 g saturated fat, 12 mg cholesterol, 230 mg sodium

bunching. Press the edges together to seal.

4. In a large nonstick skillet lightly coated with cooking spray, cook the pot stickers, flat side down, over medium high heat for 3 minutes or until they are golden brown on the bottom.

5. Add the stock and reduce the heat to low. Cover and cook for 2 minutes or until cooked through. Remove from the pan and discard any remaining stock. Serve with the remaining sauce. Garnish with cilantro. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

Drink of the Week

Spiced Mexican Coffee

- 4 cups (1 l) water
- 6 cinnamon sticks
- 2 vanilla beans, split
- 1 tbsp (15 ml) honey
- 1/3 cup (75 ml) finely ground Viennese or Italian roast coffee
- 6 packets Pure Via sweetener
- 3/4 cup (175 ml) 1% low fat milk, steamed

Combine water, cinnamon sticks, vanilla beans and honey in 3-quart (3 l) saucepan. Heat on medium heat to boiling, stirring frequently. Stir in coffee and Pure Via sweetener. Remove from heat. Let steep 5 minutes. Strain coffee into six small mugs. Discard cinnamon and vanilla. Top evenly with steamed milk and serve.



NEWS CANADA/
PUREVIA.CA

Ancient Mughlai cuisine on your modern kitchen table

Chicken Korma is a mild, aromatic and creamy curry dish originating from ancient Mughlai cuisine.

Often served at weddings or special occasions, its wonderful flavour comes from blending a number of spices

Ingredients

- 2 tbsp (30 ml) butter
- 1 tbsp (15 ml) vegetable oil
- 1 onion, finely chopped
- 1 tbsp (15 ml) minced garlic
- 1 1/2 tsp (7 ml) minced ginger root
- 1 tsp (5 ml) ground coriander
- 1/2 tsp (2 ml) chili powder
- 1/2 tsp (2 ml) garam masala
- 1/4 tsp (1 ml) ground turmeric
- 2 tbsp (30 ml) ground almonds
- 2 tbsp (30 ml) tomato paste
- 1 1/4 lbs (625 g) boneless skin less chicken breasts, cut into 1-inch (2.5 cm) pieces (about 3 cups/750 ml)
- 1 cup (250 ml) plain yogurt, whisked until smooth
- Salt to taste
- Pinch of dried fenugreek leaves
- Chopped fresh cilantro



This recipe serves six. DAIRYGODNESS.CA

with a mix of almonds and yogurt.

1. In deep non-stick skillet, heat butter and oil on medium-high heat until butter melts. Add onions and sauté 2 minutes or until soft and fragrant. Add garlic, ginger, coriander, chili powder, garam masala and turmeric;

sauté for 30 seconds or until fragrant, being careful not to burn.

2. Stir in almonds and tomato paste, and sauté for 2 minutes to blend well with the spices. Stir in chicken and sauté until lightly browned on all sides, about 3 to 4 minutes.

3. Stir in yogurt; cover, reduce heat to medium and simmer for 6 to 8 minutes until chicken is completely cooked through. Season with salt and sprinkle dried fenugreek leaves. Cook covered for 2 to 3 minutes or until the mixture comes to a boil. Garnish with cilantro.

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PowerPoint personalities: Meet the four faces of a fantastic workforce

Who do you think you are? Identifying your personality type can help you focus your career down a path best-suited to you

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In a competitive job market, it's important to show employers that you have what it takes to become a valued member of their team.

Employers look beyond hard skills and experience — they also want to know if your personality type will suit their needs, and will sometimes even conduct personality tests during the hiring process.

So, how can you identify your personality type?

Software Advice CEO, Don Fornes, along with psychiatrist Dr. James Maynard and researcher Holly Regan, found that top-performing employees can be categorized into one of four desirable personality types: The Giver, the Champ, the Matrix Thinker and the Savant.

The Giver

This employee puts the needs of others before their



When all four personality types are represented within a company, great outcomes are guaranteed. iStock

own.

They work hard and frequently go above and beyond what is expected of them.

Their pleasant nature and eagerness to please is often appreciated, but they can be prone to burn out because of their tendency to take on extra work and put others first.

Givers are team-players, non-confrontational and conflict-averse.

When Givers are stressed, they tend to suffer silently because they don't want to rock the boat.

They may possess good leadership skills, but usually would rather be in a support role.

Givers can improve their job performance by establishing a clear understanding of work priorities and expectations with team members and managers.

The Champ

An enthusiastic people-person — many successful salespeople and politicians are in this category.

Champs are driven, confident, motivated and skilled at reading people's emotions. Champs prefer to

be independent and strive toward personal success.

They sometimes have difficulty working towards a team or group objective. While Champs believe in themselves and the companies they work for, they can develop an inflated ego and they often have a chip on their shoulder from past hardships.

This can lead Champs to be stubborn and belligerent with management and fellow employees.

Where possible, an office Champ should learn more about other coworkers' responsibilities through teamwork or job shadowing. This will help them develop a sense of perspective.

The Matrix Thinker

This is a creative employee who often thinks outside the box.

A Matrix Thinker is a clever problem-solver and an innovative connector of ideas. The Matrix Thinker can be a revolutionary, but can also be disorganized, impulsive and easily distracted.

They may have difficulty completing projects on time because of their tendency to constantly jump from idea to idea.

This personality type often has difficulty relating to co-workers. They prefer to work alone so that they can have control over their projects and have difficulty handling criticism.

Matrix Thinkers should push for the time and resources they need to do the innovative work that makes them so valuable — and then deliver results.

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The Savant

This is a team member who is really, really good at what they do.

- They have incredible focus and are determined to become experts in their field. Savants are most successful when working in a field that involves intensive knowledge of a specific topic.
- They are often skilled writers, researchers and engineers. Savants are perfectionists and may have trouble dealing with opposition to their expert opinion. They are often introverted and suffer social anxiety.
- A workplace Savant should try and integrate with their team. Participating in team projects and activities will help them build a rapport and exercise their social skills.
- Recognizing these personality types in the workplace can help you identify where your contributions provide the most value and targets areas of potential growth.



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When dealing with email communication it is crucial to conduct yourself in a professional manner.

Everyone has received an email lacking a salutation or sign-off and only a bare attempt at capitalization, grammar or sentence structure.

If these habits continue when the sender enters the workforce he or she will find that this unprofessional behaviour can have a significant and negative

impact on career prospects.

If you take the time to write accurate, concise and respectful emails you will be perceived in a better light and will likely receive more positive and helpful responses.

Here are some tips to help you create a professional image and manage your email:

Compose

When writing emails it is always best to err on the side of formality. Professional emails should include accurate punctuation, capitalization, sentence structure, grammar and spelling.

If you are not sure how to address someone, start with the most formal option like Dear Ms. Smith, then wait for the reply to determine how to address further correspondence.

For professional communication emoticons, abbreviations and slang acronyms like LOL are too informal.

Insert the receiver's address last. This ensures that you do not accidentally send an incomplete email or forget an attachment. This is particularly important when dealing with a sensitive topic.

Better yet, if a topic is sensitive, don't send an email; go and talk directly to the person in order to avoid a misreading of your tone or intent.

Format

Avoid the use of wallpaper or colourful fonts that are distracting and slow down the receiver's ability to process the message.

When it comes to font type and size stick with the basic serif fonts, such as Times New Roman, or sans-



If you develop a strategy for effectively managing the emails that you receive, you will waste less time and be responsive, organized and less stressed. ISTOCK

The cleaning of the comp

- **Keep your inbox tidy.** Use electronic folders to archive messages that you may need to refer to in the future. Keep the inbox for current items that you need to deal with. This will help you feel organized and less overwhelmed and stressed.
- **Open an email once.** Don't waste your time by reading an email and then leaving it to sit because you don't feel like answering it only to have to return to the same email later. Have a one-touch policy for each email: open it, answer it and then delete or file it.

serif, such as Arial, in the 10-to-11-point range.

Reread messages before sending. This allows you to check the tone and content of the message from the reader's perspective and enables you to catch mistyped words — such as god instead of good — that will not be caught by your spell checker. An articulate, concise and accurate email tells others that you are intelligent, professional and detail oriented.

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The Columbus Blue Jackets' Derek Mackenzie is stopped by Edmonton Oilers goalie Devan Dubnyk during first-period action in Edmonton on Tuesday. The Blue Jackets registered just 14 shots on Dubnyk, who recorded the shutout. JASON FRANSON/THE CANADIAN PRESS

Perron stakes claim in Oilers' goal geyser

NHL. Forward's 4-point night sparks offensive explosion

David Perron had a career high four-point night with two goals and two assists as the Edmonton Oilers experienced an offensive explosion on Tuesday, blasting the Columbus Blue Jackets 7-0 to record a rare home win for their second victory in a row.

Oilers goalie Devan Dubnyk only needed 14 saves to record his first shutout of the season.

Jordan Eberle, Ryan Smyth, Nail Yakupov, Taylor Hall and

Justin Schultz also scored for the Oilers (6-12-2), who improved to just 2-7-0 at Rexall Place in Edmonton this season.

Edmonton was 2-9-1 in its previous 12 games before putting together just its second back-to-back win this year.

The Blue Jackets (7-11-3) have lost in four of their last five and nine of their last 11 games.

The Oilers started the scoring two-and-a-half minutes into the opening period as the rebound on a Corey Potter point shot came to Eberle at the side of the net and he had a wide-open cage to deposit it into before Columbus starter Sergei Bobrovsky could get

On Tuesday

7

Oilers

0

Blue Jackets

across. Edmonton came into the game with only one goal in its previous four home games combined.

The Oilers, who had been outscored 23-3 in their previous six home games, continued on to equal that goal output in the first period alone thanks to a pair of power-play goals.

Edmonton made it 2-0 with eight minutes remaining in the first as Perron intercepted a pass with his skate and shifted it to his stick for a quick shot and then swooped in to deposit the rebound for his sixth of the season.

Four minutes later, the Oilers had a rare three-goal lead, as Sam Gagner sent a pass through the crease and Smyth was able to bat it out of the air and in.

The opening period set the tone for the remainder of the game as Edmonton had 15 shots in the first, while the Blue Jackets only mustered three shots on Dubnyk.

THE CANADIAN PRESS

NHL

Pacioretty does the trick for Habs

Max Pacioretty broke out of a slump with a natural hat trick in the second period and the Montreal Canadiens skated to a 6-2 victory over the Minnesota Wild on Tuesday night.

Michael Bournival, Daniel Briere and Alex Galchenyuk also scored for the Canadiens (11-9-2), who had only 18 goals in their previous 11 games.

THE CANADIAN PRESS

NHL

Leafs beat Isles

Phil Kessel scored a pair of goals as the Maple Leafs beat the New York Islanders 5-2 on Tuesday for Toronto's second win in a row.

Trevor Smith, Mason Raymond and David Clarkson also scored for the Maple Leafs (13-7-1). Jonathan Bernier made 35 saves for the win. Casey Cizikas and Frans Nielsen replied for New York (8-11-3).

THE CANADIAN PRESS

NHL

Avs shut down Blackhawks

Semyon Varlamov stopped 36 shots, Paul Stastny had a goal and an assist and the Colorado Avalanche beat the Chicago Blackhawks 5-1 on Tuesday night.

Gabriel Landeskog and John Mitchell also scored during Colorado's three-goal first period as the Avalanche snapped a three-game skid.

THE ASSOCIATED PRESS

Rivalry renews with 1st place on the line



Sidney Crosby and Alex Ovechkin will renew their rivalry Wednesday night when the Penguins visit the Capitals. THE ASSOCIATED PRESS FILE

Dan Bylsma remembers the uneasy feeling.

It was Game 2 of the 2009 Eastern Conference semifinals between the Pittsburgh Penguins and Washington Capitals when Sidney Crosby and Alex Ovechkin were going goal-for-goal.

"It felt like every time they got the puck, they were going to do something with it," the Penguins coach said. "It's nice to see when your guy has it, but when you see their guy doing the same thing, it ended up being (like) who's going to score

last is going to win this game."

Crosby scored last as each of the NHL's top stars recorded a hat trick, but Ovechkin and the Capitals won the game. The Penguins won the series and went on to capture the Stanley Cup.

That was the height of the Crosby versus Ovechkin rivalry.

Concussion problems derailed Crosby, and Ovechkin needed to switch from left to right wing to regain his scoring touch, but Wednesday night they meet in Washington atop their games simultaneously

for the first time in years, engendering plenty of nostalgia about the good old days.

Consider it a rivalry renewed as the Penguins and Capitals play for first place in the Metropolitan Division and Crosby and Ovechkin revive the debate about who is the league's best player. Ovechkin has 40 goals and 13 assists in his past 42 games dating to last season, when he won the Hart Trophy as NHL MVP, while Crosby has 19 goals and 42 assists over the same span.

THE CANADIAN PRESS



Henry Burris runs the ball during the CFL East final in Toronto. Burris has endured wholesale changes in Hamilton this year, leading his team to this Sunday's Grey Cup in Regina. NATHAN DENETTE/THE CANADIAN PRESS

Ticats' Grey Cup run a family affair for Burris

CFL. Ahead of clash with Roughriders, Hamilton QB and clan embracing football folklore

Henry Burris is thrilled to have delivered Hamilton Tiger-Cats fans their first Grey Cup berth since 1999. But now the 38-year-old quarterback can give his youngest son, four-year-old Barron, the opportunity to learn about the cup's rich history.

"I asked Barron on Thursday night when we were talking, 'Do you know what the Grey Cup is,' and he was like, 'Daddy, no, I don't know what it is,'"

Burris said. "When he said that, I almost went to tears."

Barron will be able to experience it all first-hand, thanks in large part to his father. Burris threw for 371 yards and three TDs to rally Hamilton to a wild 36-24 win over the Toronto Argonauts in the East Division final Sunday. The Ticats will face the Saskatchewan Roughriders in the Grey Cup on Sunday in Regina.

Burris's oldest son, Armand, had the chance to experience a Grey Cup in '08 when Burris led the Calgary Stampeders to the CFL championship. But Barron wasn't yet born so this will be his first Grey Cup experience.

Forget about the ring or

\$16,000 winner's share — seeing his youngest son soak it all in and being there to experience it with him is priceless for Burris.

"They (your family) go through all the sacrifices, being in the stands when people are getting after you saying all types of things about their Daddy, this is what it's all about at the end of the day," Burris said after Sunday's win. "I told him (Barron) I wanted to help make his dream come true for him one day and here we are now. This is truly amazing."

Rallying Hamilton from a 24-10 deficit against Toronto also exorcised some demons for Burris, who pounded the ground after his latest win.

"It just seemed like all the demons of the past four years, what an organization threw at me and all the people have thrown at me, I was just letting them go," Burris said.

THE CANADIAN PRESS

Standout in Steeltown

Named the CFL's outstanding player in 2010 with Calgary, Burris was replaced as a starter the next season and dealt to Hamilton.

- **2012.** While Burris enjoyed the best season of his career, Hamilton slumped to a 6-12 record.

- **2013.** Despite a new roster, a new coach in Kent Austin and a new temporary home in Guelph, Burris led the league in passing while the Ticats improved to 10-8.

- **Playoffs.** Hamilton beat Montreal in the East semifinal in OT and routed the Argos in last Sunday's final, booking their passage to Regina.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	21	14	6	1	59	38	29
Tampa Bay	20	14	6	0	64	50	28
Toronto	21	13	7	1	62	49	27
Detroit	22	9	6	7	54	62	25
Montreal	22	11	9	2	58	47	24
Ottawa	21	8	9	4	60	67	20
Florida	21	5	12	4	46	70	14
Buffalo	23	5	17	1	42	72	11

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	21	13	8	0	59	48	26
Washington	21	12	8	1	69	59	25
NY Rangers	21	10	11	0	43	52	20
Carolina	21	8	9	4	40	59	20
New Jersey	20	7	8	5	42	49	19
NY Islanders	22	8	11	3	63	73	19
Philadelphia	20	8	10	2	40	50	18
Columbus	20	7	10	3	52	57	17

Tuesday's results

St. Louis 4 Buffalo 1
Toronto 5 NY Islanders 2
Philadelphia 5 Ottawa 2
Nashville 2 Detroit 0

Boston 2 NY Rangers 1

Montreal 6 Minnesota 2

Colorado 5 Chicago 1

Columbus at Edmonton

Florida at Vancouver

Tampa Bay at Los Angeles

Monday's results

Boston 4 Carolina 1

Pittsburgh 3 Anaheim 1

Calgary 5 Winnipeg 4 (SO)

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	22	14	4	4	79	66	32
St. Louis	20	14	3	3	70	47	31
Colorado	20	15	5	0	64	42	30
Minnesota	22	13	5	4	57	50	30
Dallas	20	11	7	2	58	56	24
Winnipeg	23	10	10	3	61	66	23
Nashville	21	10	9	2	48	63	22

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	23	15	6	2	72	59	32
San Jose	21	13	3	5	72	50	31
Phoenix	21	14	4	3	73	66	31
Los Angeles	21	14	6	1	58	46	29
Vancouver	22	11	8	3	56	58	25
Calgary	21	7	11	3	59	79	17
Edmonton	22	5	15	2	53	83	12

Note: Two points for a win, one point for overtime loss.

Wednesday's games — All Times Eastern

Minnesota at Ottawa, 7:30 p.m.

Pittsburgh at Washington, 8 p.m.

New Jersey at Anaheim, 10 p.m.

Columbus at Calgary, 10 p.m.

Thursday's games

St. Louis at Boston, 7 p.m.

Nashville at Toronto, 7 p.m.

Buffalo at Philadelphia, 7 p.m.

Carolina at Detroit, 7:30 p.m.

Chicago at Winnipeg, 8 p.m.

NY Rangers at Dallas, 8:30 p.m.

Colorado at Phoenix, 9 p.m.

Florida at Edmonton, 9:30 p.m.

New Jersey at Los Angeles, 10:30 p.m.

Tampa Bay at San Jose, 10:30 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Indiana	9	1	.900	—
Miami	8	3	.727	1 1/2
Chicago	6	3	.667	2 1/2
Philadelphia	5	7	.417	5
Atlanta	6	5	.545	3 1/2
Charlotte	5	6	.455	4 1/2
Orlando	4	6	.400	5
Detroit	4	6	.400	5
Toronto	4	7	.364	5 1/2
Cleveland	4	7	.364	5 1/2
Boston	4	8	.333	6
Washington	3	7	.300	6
New York	3	7	.300	6
Brooklyn	3	7	.300	6
Milwaukee	2	7	.222	6 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	9	1	.900	—
Portland	9	2	.818	1/2
Golden State	8	3	.727	1 1/2
Oklahoma City	7	3	.700	2
Houston	8	4	.667	2
L.A. Clippers	7	4	.636	2 1/2
Dallas	7	4	.636	2 1/2
Minnesota	7	5	.583	3
Phoenix	5	4	.556	3 1/2
Memphis	6	5	.545	3 1/2
L.A. Lakers	5	7	.417	5
Denver	4	6	.400	5
New Orleans	4	6	.400	5
Sacramento	2	7	.222	6 1/2
Utah	1	11	.083	9

Tuesday's results

Washington 104 Minnesota 100

Detroit 92 New York 86

Miami 104 Atlanta 88

Houston 109 Boston 85

Phoenix at Sacramento

Wednesday's games — All Times Eastern

Indiana at New York, 7 p.m.

Washington at Cleveland, 7 p.m.

Brooklyn at Charlotte, 7 p.m.

Toronto at Philadelphia, 7 p.m.

Miami at Orlando, 7 p.m.

Detroit at Atlanta, 7:30 p.m.

Portland at Milwaukee, 8 p.m.

Utah at New Orleans, 8 p.m.

L.A. Clippers at Minnesota, 8 p.m.

Boston at San Antonio, 8:30 p.m.

Sacramento at Phoenix, 9 p.m.

Houston at Dallas, 9:30 p.m.

Memphis at Golden State, 10:30 p.m.

Lance Armstrong saga

Ex-head of UCI rejects doping coverup claim

Former UCI president Hein Verbruggen called Lance Armstrong's claim that he helped cover up the rider's doping at the 1999 Tour de France a "ridiculous story" and said Tuesday he has nothing to fear from an independent investigation.

Armstrong alleged collusion by Verbruggen during his first Tour victory in an interview published Monday in Britain's Daily Mail. **THE ASSOCIATED PRESS**

MLB

Mets break bread with H.O.V.A. to discuss Cano

Jay-Z, the new agent for Robinson Cano, had dinner Monday night with top officials of the New York Mets.

The get-together also included sports agent Brodie Van Wagenen, but not Cano. A five-time all-star second baseman, Cano is a free agent. He is seeking a 10-year deal for more than \$300 million from the Yankees. **THE ASSOCIATED PRESS**



Rockets glide past Celtics

Rockets centre Dwight Howard shoots over the Boston Celtics' Jared Sullinger on Tuesday night in Houston. Howard had 10 points and 11 rebounds and Terrence Jones scored a career-high 24 points and grabbed boards to lead Houston to its third straight win, 109-85. **SCOTT HALLERAN/GETTY IMAGES**



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2014 Honda Accord Hybrid

Review. Honda's latest hybrid a refined way to get great fuel economy

MIKE GOETZ
Drive@metronews.ca

Nothing like a butt kicking to get you motivated. The 2014 Accord Hybrid debuts a completely new and different hybrid system, unlike anything found on the previous and easily forgotten Accord Hybrid (2004-2006) and/or the slow-selling hybrids still in Honda's portfolio—Civic Hybrid and CR-Z.

This 2014 Honda Accord Hybrid is not just great for a hybrid — it's a great car. For one thing, it is based on the new, ninth-generation Accord, just released to near universal acclaim in 2013. So, like all Accords, the Hybrid offers a stylish, slick-handling package, which offers the same great interior space, and comfort of the previous generation, even though it's slightly smaller.

Honda's hybrid rethink created a system where the all-new 2.0-litre gasoline engine (141 hp and 122 pound feet of torque) only drives the vehicle on its own in "highway" scenarios, when it is electronically coupled to a single overdrive gear. Otherwise the engine functions in Hybrid Mode, where it spins a generator, which in turn sends electricity to the electric drive motor and to the Lithium-ion battery pack. Yes, Hybrid Mode makes Accord Hybrid function very much like a Chevrolet Volt. In EV mode the gas engine is shut down, and you get about two kilometres of pure electric driving. Hybrids typically have better city fuel efficiency ratings than their highway

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base price: \$17,000
- 2 Hyundai Sonata Hybrid
base price: \$17,700
- 3 Toyota Camry Hybrid
base price: \$17,700

ratings, because EV mode only comes on in the city. But Accord's gas engine has been designed to run in a fuel-efficiency sweet spot when powering that one highway gear. Net result is a highway fuel efficiency rating, 4.0 l/100 km, which is quite close to its fantastic city rating of 3.7 l/100 km. The combined rating is 3.8 l/100 km — the best among the current crop of mid-size hybrids.

This engine runs on the Atkinson combustion cycle, which most hybrids adopt because it allows for smoother and faster starting (hybrids always ask their gasoline engines to shut down whenever they can, so re-starts need to be smooth). But the Atkinson cycle is not best for ultimate power. So Honda created engine camshafts with two sets of lobes (Atkinson and regular). The engine management system figures out which to use and when. The normal Accord is very quiet on the road. This thing is quiet with cheese.

The Accord Hybrid is actually equipped with a noise-making device for EV mode, to get pedestrian attention. I'm not fond of it, but the high-pitch sound recedes from your attention easily enough when you're not 100 per cent paying attention to it, and you can manually turn it off. The hybrid handles similarly to the Ac-



ABOVE PHOTO CONTRIBUTED

Battery pack

The 1.3 kW/h lithium-ion battery is located behind the rear seat, and is cooled by drawing in air from the interior. The pack sends electricity to the electric drive motor for pure electric drive (EV mode). The pack gets charged in two ways: when that drive motor goes backwards in "regeneration mode" under braking and coasting conditions, and by the generator spun by new 2.0-litre gasoline engine.

Electric motor

The Accord doesn't really have a transmission in the conventional sense. The gas engine is only connected to the drive wheels when electronically engaged to one highway gear. The rest of the time the 124 kW electric drive motor with 226 lb-ft of torque is powering the drive wheels. This drive motor is fed by either the battery pack, or by the adjoining generator, which looks like a smaller version of the electric drive motor.

cord sedan, which is to say, admirably. The added weight of the electric-drive hardware was compensated with more aluminum panels and suspension bits, and a special rear suspension.

The Accord Hybrid debuts a new tweak to "regenerative braking," by coming on immediately after the driver takes his or her foot of the accelerator. Normal systems come on only when the brake pedal is activated. This does

affect the "feel" of the coasting, but it's for a good cause.

The other trippy thing is how the gasoline engine effort and sound is not always directly correlated to what the vehicle is doing on the road. But get used to that, and the hybrid rewards with a smooth and serene driving experience. The three driving modes come and go as they please, in a very seamless fashion. If you need lots of cargo space, make sure

you can live with the Hybrid's smaller trunk. The only other caveat might be price. The Accord is priced at a slight premium over the other mid-size hybrid competitors. While the base model goes for \$29,590, the \$35,690 Touring model is where you get navigation and the newer convenience and safety features. But either model is an entry into one of the most advanced hybrid and fuel-efficiency technologies currently on the market.

5 DRIVE

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GT model with Technology Package shown.



ZOOM-ZOOM



Traffic circles are a roundabout way to safety

Driving force. More popular in Europe, the circular one-way street is slowly creeping into Canada's infrastructure

JIL
MCINTOSH
drive@metronews.ca

While they've always been common overseas, roundabouts are rare in Canada, but more municipalities are starting to use them.

Also known as traffic circles, they keep vehicles moving smoothly and help eliminate "T-bone" collisions, which can be among the deadliest of crashes.

"They're forgiving in their design, and they're good for the environment," says Cam Woolley, traffic and safety specialist for CP24. "They're so different from what we're used to experiencing."

Traffic moves counter-clockwise in the round-

Follow the rules

- At a four-way stop, the first driver to arrive is the first to proceed. If two or more drivers stop at the same time, the right-of-way goes to the vehicle on the right.

- Any time you're turning, especially turning right at a light or stop sign, never move your vehicle until you've checked both ways for pedestrians.



Follow the roundabout rules; these can be a great addition to Canadian roads. JIL MCINTOSH

about, and drivers enter on their left side, "the same as if you were merging onto a highway ramp," Woolley says. Your entrance to the circle will be marked with a yield sign.

As you approach, look to see where vehicles are in the circle, including cars that are approaching it and will also be entering. Although you'll be primarily looking to your left for oncoming traffic, always

turn your head to the right, to make sure there aren't any pedestrians crossing in front of you.

Traffic already in the circle has the right-of-way, and you must stop at the yield sign until the lane is clear. If there's no oncoming traf-

fic, and it's safe to do so, you can enter without stopping first.

"At times, there may be three or four cars in the circle, with others entering," Woolley says. "Some people think that only one person is allowed inside (at a time)

and they'll wait for that car to leave, but it's not the same as a four-way stop."

Once you're in the circle, continue driving counter-clockwise (to your left) until you reach your exit. On larger roundabouts, there will be a sign as you approach

Beneficial

"They're forgiving in their design, and they're good for the environment."

Cam Woolley, traffic and safety specialist for CP24

that indicates the streets on the circle, so you'll know in advance which exit is yours. You're required by law to use your turn signal when you enter and before you exit — turn it on as soon as you pass the last exit before yours — to let other drivers know your intention.

Unless you're braking to avoid a collision, never stop when you're in the roundabout. If you miss your exit, just continue around the circle until you come to it again. "You can stay in the circle as long as you want, but you can't reverse," Woolley says. "They're basically a one-way street in a circle."

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AMVIC LICENCEES

Beautiful oxymoron that is the big Mini

Latest model. From tiny, ground-breaking beginnings the lovable small car has grown over time but it still has people transfixed



AUTO PILOT
Mike Goetz
drive@metronews.ca

The new-generation Mini just introduced this week at its production facility in Oxford, England, is the biggest Mini ever.

Yes, this is the era of the big Mini, and yes, it sounds oxymoron-ish, but what are you going to do? People like the Mini, they just don't want them actually "mini" anymore.

The design challenge for the original Mini was to make the smallest possible car that would still accommodate four adults and luggage. Designer Alex Issigonis struck upon the idea of using very small 10-inch wheels, all independent suspension, a transverse mounted engine driving the

front wheels, and a gearbox and final drive built into the sump of the engine. So compact; so clever!

When it came to fruition, way back in 1959, it basically changed the course of automobile design. It was cheap, practical, roomy for its size, fuel efficient, could turn corners with the best of them, fun to drive, and looked distinctive and cool.

Over 5.2 million examples and variants, under various company names and nameplates, were eventually built and bought. When the last century came to an end, the Ford Model T was named "car of the century," but Mini was not far off the Model T's rear bumper, and was named second most important car of the last 100 years. The template of a transverse-mounted engine and front-wheel drive is still the most predominant way to build a passenger car.

Mini's modern re-boot began in 2001, when the first Mini built under BMW ownership and stewardship hit the market. And you have to admire the way BMW has guided the icon forward.

The Mini unveiled this week is the "third" Mini by BMW and it closely follows

the formula of the previous redesign: Modernize and make it slightly bigger, but not so much anyone would notice by looking at in isolation. Leave the styling and iconic shape pretty much alone, because, well, everyone is good with it, and there's a chance you could screw things up.

This new Mini, on sale first in Europe and by spring here, is the first vehicle util-

izing BMW's new front-wheel drive platform (called UKL), which is also destined for the next BMW 1 Series. The biggest difference over the previous platform is the increased wheelbase (now 2,495 mm) and lighter weight through more use of high-strength steel.

Those two items alone should make Mini a better performer, but BMW prom-

ises lots of other goodies, including three new twin-turbocharged engines: the 136-hp 1.5-litre "three cylinder"; the 192-hp 2.0-litre "four cylinder"; and a 116-hp 1.5-litre "three-cylinder" diesel (no word on that diesel coming here).

Interesting new technologies include optional LED headlights, a permanently installed SIM card, electric

steering, head-up display, camera-based cruise control and automatic braking if a collision is imminent.

This Mini is only about half a metre longer than the original one, but lots taller and wider. Apparently cargo capacity with the rear seats down is now more than 1,000 litres. Sounds like hot-tub territory to me, and for a Mini, a little big.

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Losing your temper at the wheel could result in a life lost

Autoknow. Frustrated with others on the road? Maybe it's time to forget them, be safer in general and just enjoy the ride

GARRY SOWERBY
wheelbasemedia.com

I patiently waited for the green arrow before executing a right turn at a busy intersection.

Sure, I might have been a little slow on the uptake when the green arrow finally lit, but did the minor delay deserve blaring horn abuse from the black BMW X3 sport utility edged in behind me?

A cursory check in the rear view mirror revealed a spectacle behind the wheel of the BMW as a Sharon Stone look-alike engaged in full rant. Hands flying about the cabin accompan-

ied by rapid-fire jaw flap looked like it might have had something to do with me checking the radio dial just as the green arrow did its thing.

The mortified tweenie beside her stared straight ahead, obviously realizing she tipped good old mom's mood by dragging her feet and making them late in the first place.

And now she blows up over this nice man who was asleep at the switch for two seconds.

Over the long haul, experts believe, road stress can drive down moods and job performance while posing a serious threat to those who battle it every day.

Of the more than 500,000 accident reports over the past decade in the United States alone, aggressive-driving accounts for about one of every five crashes with injuries, killing an average of 1,500 people each year.

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Stress counsellor Louise Jacob is constantly reforming her own driving habits when she feels pent-up anger over being tailgated, stuck in traffic or cut off by another driver. Sometimes, though, she just tries to get the licence plate number of the offensive driver.

"I just think that way, maybe they could be talked to about what they did," she explains. "Sometimes, people don't even realize how dangerous they are on the road."

I call them cranky drivers. By contrast, I am not a cranky driver. Ask anyone who has ever driven with me, even the co-pilots who have been locked up with me for days on end trying to beat down old around-the-world driving records.

I've always been in awe of road systems, the machinery that moves them along with roadside life and the fellowship inherent to getting around in a motor

vehicle.

My father, who taught me to drive, also taught me to respect other drivers and, aside from Dad's odd mutter about someone being a bonehead, life in the Sowerby sedans was one of relaxation, observation and family fun.

There were always road games and non-stop chatter about cars and trucks, boats, trains and planes and the people moving around in them. Even the odd bonehead.

After decades of motoring around the entire planet — and setting many Guinness World Records doing so — I have concluded that Dad was not alone in his advice and example because most vehicles are driven by patient, competent drivers who realize courtesy and understanding go a long way in the motoring world.

Sometimes I wonder if cranky drivers are just cranky people, or do they

Driving persona

Sometimes I wonder if "cranky drivers" are just cranky people, or do they change when they hit the road. Do mild and meek folks strap on a couple of tons of sheet metal, plastic and technology and slip into a persona of power and greed with an attitude the road is theirs and every problem out there is the result of someone else's stupidity?

change when they hit the road? Do mild and meek folks strap on a couple of tons of sheet metal, plastic and technology and slip into a persona of power and greed with an attitude the road is theirs and every problem out there is the result of someone else's stupidity?

Why should they let a complete stranger merge in front of them when they can bully their own life ahead a car length or two? How can they relax when no one else knows a single thing about lane management or passing discipline?

The pushy ones are generally the cranky ones, too. You see them all over the place.

At the slow merge onto the gridlocked freeway, where good citizens are alternating right of way to

one another, they don't let you in when it's your turn. Ever make a mistake at a four-way-stop by launching out of sequence?

Do you really need a verbal reaming from some red-faced hack when you're well aware you made a boo-boo?

And what about the dude who slips into the parking space you've been patiently waiting for while someone has been adjusting his or her seat and look for five minutes.

To be honest, I've flipped "the bird" a couple of times through the years when my pacifist goat had finally been gotten. Just a subtle flip with no emotion in my face. I wasn't proud of myself but it felt good at the time.

"Hey, Dad's not really the passive wimp we always thought he was!" the kids may have thought, their minds forever warped because their father couldn't control his emotion.

My usually calm wife Lisa got into a growling match after a driver breezed through a stop sign, coming close to broadsiding her, then blamed the whole affair on her. She still gets a little red-faced when she talks about it.

But I kept my cool with the Sharon Stone wannabe in her perfectly detailed BMW. Who knows? Maybe she wasn't really mad at me at all.

Perhaps she was wailing her lungs out to a Luciano Pavarotti CD. And that just might have been a better reason for the tweenie in the front seat beside her to look so mortified.

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Horoscopes

♈ Aries

March 21 - April 20

Some people achieve so much they lose touch with reality, but that's not something you have to worry about. Keep your feet planted firmly on the ground this week, and you'll accomplish more than anyone.

♉ Taurus

April 21 - May 21

Make sure the needs of loved ones are taken care of today, no matter how mundane. You may wish you were doing something more interesting but people are counting on you and you can't let them down.

♊ Gemini

May 22 - June 21

However vague your ambitions may have been in recent months you now know what it is you want and how to go about getting it. Your rivals will try to block your path but they won't succeed.

♋ Cancer

June 22 - July 23

There is a possibility you will waste money on things you don't need over the next 24 hours. But, if it makes you feel good about yourself, maybe it's not a problem. It's only money.

♌ Leo

July 24 - Aug. 23

You will be touchy today, and for no apparent reason. Perhaps it's good you get the bad stuff out of your system now, as later in the week you will have to work closely with people.

♍ Virgo

Aug. 24 - Sept. 23

You may feel vulnerable but try not to withdraw from the world completely. There are still things that need to be done that cannot be done on your own. Try smiling, it helps.

♎ Libra

Sept. 24 - Oct. 23

Someone in a position of power will ask you to take on extra chores today but make sure they define exactly what is expected of you, and make sure you define your limits.

♏ Scorpio

Oct. 24 - Nov. 22

A change of direction may be called for but there is no need to go to extremes. The planets indicate a minor adjustment will be enough to put you back on the path to success.

♐ Sagittarius

Nov. 23 - Dec. 21

You will be on the move today or tomorrow but if you want your journey to be enjoyable, you should plan before you leave. If you leave things to chance, there's no telling where you might end up.

♑ Capricorn

Dec. 22 - Jan. 20

You cannot afford to make decisions about money matters at the moment. The more others push you to move one way or the other, the more you must insist on staying right where you are. There's really no rush.

♒ Aquarius

Jan. 21 - Feb. 19

You may have to give up something you enjoy to please others today, but it will be a sacrifice worth making. In the long-term the more loved ones are happy with life, the more you will be happy with life.

♓ Pisces

Feb. 20 - March 20

Your big idea is almost ready to go public with but if you are smart you will go over it one more time, just in case there is something you have missed.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Ratite bird
4. Bottle type
9. Norwegian dramatist Henrik
14. Poetic contraction
15. League: French
16. Hoity-___
17. Declares
19. "Sharp Dressed Man" band
20. Calgary Flames mascot: 3 wds.
22. Aspiration
23. Battery size
24. Show who's boss: 2 wds.
29. As per #44-Down, pre-video's bottom right corner button after a few seconds: 2 wds.
34. Fit Fiddle link: 2 wds.
35. Like plays, pre-audition
37. Great ___ (Dog breed)
38. Guelph-born actress Ms. Campbell's
40. Black Eyed Peas member, ___de.ap
41. "Kung Fu ___" (2008)
42. Welsh actor Mr. Gruffudd
43. Produce Dept.: Mango's neighbour
45. Flub
46. Iconic symbol since 1960, created by Toronto-born graphic designer Allan Fleming: acr. + wd.

48. Biblical 12
50. The Who's "Love, Reign ___ Me"
52. Theatre's Ms. Hagen
53. Polar Bear, scientific-style: 2 wds.
61. 'Click' dance again
62. Briefcase contents
64. Taper off
65. Sun-dried brick
66. Deer's mom

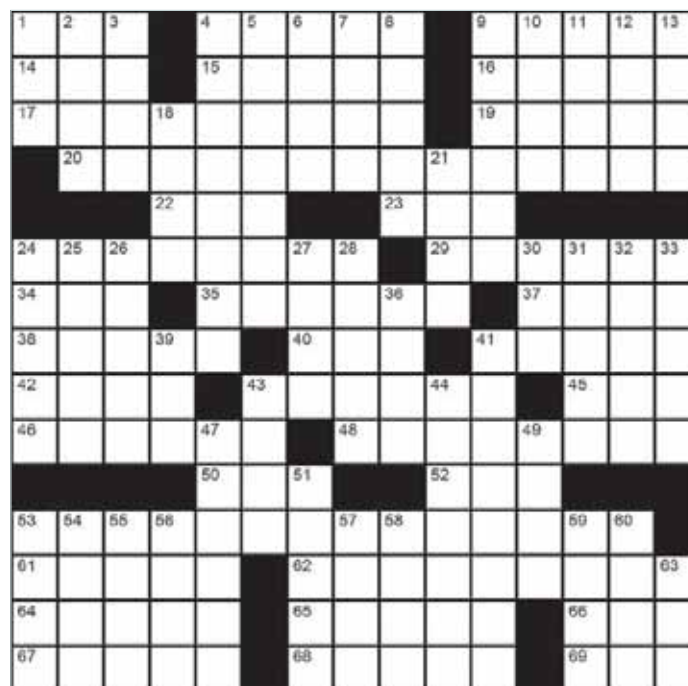
67. Shirt's info spot
68. Moviedom's Ms. Russo's
69. Choose

Down

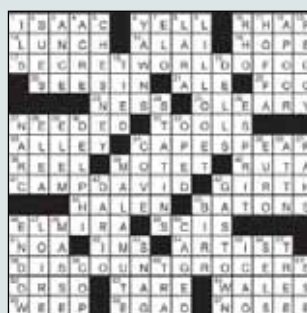
1. H, in ancient Greece
2. Ho Chi ___ City
3. Forearm bone
4. People line up for shots to avoid it: 2

5. "Wichita ___": 1968 country hit
6. 'A' in CIA, for short
7. Cooking fat
8. Singer of "Tik Tok"
9. Violinist Mr. Perlman
10. Classic television clown
11. What vision correction surgery LASIK

- stands for, Laser in ___
- Keratomileusis
12. Collar type
13. Big Apple force [acronym]
18. ___ history
21. Cardinal point
24. Janet ___, Brockville-born singer/songwriter
25. Apply to: 2 wds.
26. City in Quebec

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

THURSDAY

FRIDAY

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MIN: -19°MAX: -11°
MIN: -13°MAX: -9°
MIN: -27°MICHELE MCDOUGALL
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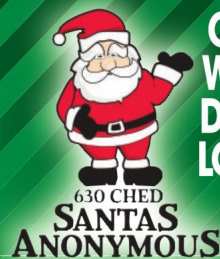
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2013 MAZDA CX-9

#52108D



was ~~\$35,210~~

CASH PRICE **\$30,995*** OR **\$198 B/W** \$0 down for 84 mo.

2013 MAZDA 3 GS

#11954



**56
MPG**

WAS ~~\$21,660~~

CASH PRICE **\$17,660***

OR

\$118 B/W 0% Financing up to 84 months

2013 MAZDA MX-5 GS SPECIAL EDITION

#31915



was ~~\$37,840~~

CASH PRICE **\$31,840*** OR **\$186 B/W**

2013 MAZDA 2

#A1758



was ~~\$16,120~~

CASH PRICE **\$12,620*** OR **\$98 B/W** 0% Financing up to 84 months

2014 MAZDA CX-5

**50
MPG**



STARTING FROM

\$25,215* \$0 down \$153 B/W



HAVE YOU BEEN WORKING FOR 6 MONTHS? NEVER FINANCED BEFORE? YOU QUALIFY !!! 0% FINANCING AVAILABLE.

SUNDANCE 780.665.4638



WEST END: 17990-102 AVE.



AMVIC Approved Member Vehicle Inspection Centre



GRADUATE PROGRAM

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2013 mazda mx5 payment based on 0 down 4.99% apr for 96 months OAC. *All prices and payments include freight, pdi and block heater but are plus applicable taxes. Offer ends November 30th, 2013. See dealer for details.